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Raptors

Getting a jump on the season

FRANK GUNN/THE CANADIAN PRESS

Toronto Raptors Chris Bosh, left, takes a fallaway jumper over Boston Celtics Glen Davis during yesterday's NBA pre-season game at the Air Canada Centre. The Celtics beat the Raptors 101-82. More coverage, page 23.

$108K for 1 hour

Invoices show Tories billed taxpayers for update

The Harper government spent more than $100,000 staging a one-hour event in June to deliver an update on its efforts to help the recession-ravaged economy.

Invoices obtained by The Canadian Press through the Access to Information Act show a nominal bill to taxpayers of $108,000 for the carefully scripted "town hall" meeting in Cambridge.

The June 11 event turned what the opposition Liberals had hoped would be an uncomfortable exercise in government transparency into a slick campaign-style rally for Conservative party faithful.

> **"That's clearly wrong. It's clearly a waste of tax dollars."**
> Gerry Nicholls, Libertaspost.com

Critics say it's just the latest example of what they're calling a Tory penchant for leveraging public money for partisan gain.

"It fits in with a whole pattern with this government where they are basically using tax dollars to promote themselves to voters," said Gerry Nicholls of the web portal Libertaspost.com.

"That's clearly wrong. It's clearly a waste of tax dollars."

The Cambridge event provided the second of the four reports the Liberals demanded last January as the price of their support for the recession-fighting federal budget.

Prime Minister Stephen Harper took the Liberal challenge and ran with it, transforming what could have been a dry accounting exercise in the House of Commons into a major audio-visual road show.

THE CANADIAN PRESS

Brit diplomats say Canadians 'unimpressive'

LETTERS It's not exactly diplomatic — details of what British ambassadors really think about their foreign hosts were disclosed yesterday following the release of a series of frank, and sometimes outright rude, letters to London from embassies around the world.

Nigerians are maddening, Nicaraguans often dishonest, Canadians deeply unimpressive and Thais commonly lewd, British diplomats claim in notes sent to Britain's Foreign Office over the last five decades.

The letters, disclosed to the BBC under Freedom of Information laws, also reveal how diplomats were bored by endless rounds of cocktail parties, and exasperated by the British government's failure to shake off its stuffy image overseas.

THE ASSOCIATED PRESS

News on the Move

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Local pg 3

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Local

Pregnant woman jumps to safety

A pregnant Toronto woman escaped a burning building by jumping down onto mattresses that neighbours had piled on the ground to cushion her fall. The woman, who is six months pregnant, fled the flames by jumping three storeys on Saturday night. The woman, 21, was taken to St. Michael's hospital with only minor injuries. THE CANADIAN PRESS

METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

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Tomorrow's Metro

National Report

Lawrence Martin gives us his take on the Canadian political scene.

metronews.ca

What's online today.

Video Would-be migrants sent to Vancouver on B.C. Ferry, at **metronews.ca/canada**

Video Earnings, U.S. dollar and oil to be in investor crosshairs this week, at **metronews.ca/business**

Lotteries

Friday, Oct. 16
Lotto Max: 4, 10, 18, 20, 31, 35 & 44 Bonus 29
Saturday, Oct. 17
Lotto 6/49: 8, 17, 24, 34, 42, 46 Bonus 34
Sunday, Oct. 18
Ontario Pick 3: 7 8 4; **Ontario Pick 4:** 8 5 4 3
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Toronto to show its pride

City beats out Stockholm, will host World Pride event in 2014

Toronto will host the World Pride event in 2014 after winning a vote among gay delegates at the international InterPride Conference in Florida.

Toronto beat its main rival for the event, Stockholm, yesterday to win the hosting duties.

Tracey Sandilands, executive director of Pride Toronto, told Toronto television station CP24 that Toronto captured 77 votes to Stockholm's 61 in the first round of voting, eliminating Stockholm.

But that wasn't enough for the two-thirds majority needed to win the right to host the political and cultural event, she said.

A second vote of yes or no gave Toronto a 78 per cent endorsement, said Sandilands.

Pride Toronto officials said that this summer's Pride Week drew an estimated one million people to Toronto and contributed $136 million to the city's economy.

"World Pride is going to be about five times bigger," said Sandilands.

The Toronto event will be the fourth scheduled World Pride since the event's inception in Rome in 2000.

A delegation of 10 people went to Florida to present Toronto's bid, including representatives from Pride Toronto, Tourism Toronto and Toronto police.

World Pride promotes lesbian, gay, bisexual, and transgender issues on an international level through parades, festivals, and other cultural activities. The next one is set for just prior to the Olympic and Paralympic Games in London, England in 2012.

THE CANADIAN PRESS

NATHAN DENETTE/THE CANADIAN PRESS

Revellers celebrate as they march down Yonge Street during the annual Gay Pride Parade in Toronto on June 28, 2009. Toronto has won the right to host the World Pride event in 2014.

m.metronews.ca

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501 Queen streetcar route splitting

TRANSIT The iconic 501 Queen streetcar route splits in two today, in a five-week experiment aimed at boosting customer service on the perennially troubled line.

Until Nov. 20, the 501 originating in the west end will run from the Long Branch and Humber loops to Parliament Street downtown. The east end cars will travel from Neville Park to Shaw Street, overlapping through the downtown area.

The route split is the last in a $2 million series of experiments the TTC has conducted over the past year to find the best way of reducing short-turns, bunching of cars and gaps in service on the line that National Geographic, in 2007, declared one of the world's top 10 trolley routes. Those problems frequently prompt riders to hoof it home in frustration. The final fix — likely to include a combination of more cars and more operators — will be used as a blueprint for improving service on all 11 Toronto streetcar routes, said TTC chair Adam Giambrone.

TORSTAR NEWS SERVICE

Route

- The TTC is launching a new west-end express bus route to relieve congestion along the lakeshore, starting today.
- The 145 Downtown/Humber Bay Express service will run five eastbound buses in the morning rush and six westbound trips in the afternoon. Buses will run along Lake Shore from Kipling Avenue to Colborne Lodge Drive

Deaf group trying to get Queen's Park to listen

POLICY Deaf children and those who are hard of hearing do not have equal access to health care or learning support across Ontario, says a new coalition of more than 150 parents, students and professionals who will descend today on Queen's Park to push for province-wide standards in services.

The coalition wants Ontario to pay for deaf children to have cochlear implants in both ears, instead of one, said James Borer, leader of the new Alliance for Children Who are Hard of Hearing and Deaf.

"Having just one implant is like giving a double amputee just one prosthetic leg, or giving someone eyeglasses for one eye — it's the difference between just getting by and actually thriving," said Borer, whose two children have cochlear implants in both ears.

Borer estimates the extra implants would cost Ontario taxpayers an extra $1 million per year.

TORSTAR NEWS SERVICE

Cochlear implants

- The implants are tiny electronic devices inserted into the inner ear that allow the deaf to detect sound. With the implants' help, the deaf learn to listen, speak and take their place in mainstream classrooms. About 5,000 Ontario children have some degree of hearing loss.

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Province sees a spike in flu activity

Ontario's chief medical officer of health, Dr. Arlene King, says she's seeing a spike in flu-like activity in the province, but stopped short of calling it a second wave of the swine flu. TORSTAR NEWS SERVICE

Cyclists will give thanks to drivers

TRAFFIC In a bid to ease tensions between Toronto motorists and cyclists, a group representing the biking community is printing thousands of "thank you" cards that will be handed out to drivers who are courteous on the road.

The moves comes as former Ontario attorney general Michael Bryant, charged in connection with a fatal confrontation with a cyclist this summer, is scheduled to make his first court appearance today. Called "Cyclists Paving the Way," the campaign, which starts today, is aimed at dialling down some of the heated rhetoric around the so-called "war on the car" says Yvonne Bambrick, executive director of the Toronto Cyclists Union.

"This campaign is a chance for cyclists to thank the drivers who do ... treat them with respect"
Yvonne Bambrick

"This campaign is a chance for cyclists to thank the drivers who do ... treat them with respect," she added.

TORSTAR NEWS SERVICE

Directed Content

Marathon training program delivers diabetes awareness to the world for 10 years

It all started in the year 2000 when 25 people from across Canada embarked on a journey to the Dublin Marathon after training for the race and raising funds for the Canadian Diabetes Association. Since then, thousands of Canadians have been making a change in their life and the lives of people living with diabetes by walking, running or biking with Team Diabetes.

Celebrating its 10th Anniversary in 2010, Team Diabetes is the national activity fundraising program of the Canadian Diabetes Association. The program promotes a healthy and active lifestyle where people of all fitness levels have the opportunity to walk or run a full or half marathon or shorter distance race in exciting Canadian and international locations. Additional opportunities include hiking, mountain biking and cycling.

"Team Diabetes has a lot to celebrate in the upcoming year," said Fred DeFina, Director, Team Diabetes. "I am proud to be part of a program that has grown from one team of 25 to over 4,000 participants and volunteers who enthusiastically dedicate themselves to setting positive examples in their community by raising funds for the Association, promoting our program and spread its message of the benefits of living an active lifestyle."

Official anniversary celebrations will take place this May at the Ottawa and Calgary marathons. In addition, there is still time to join teams travelling to the Rio de Janeiro Marathon in June and the Reykjavik Marathon in August. Other 2010 event offerings include hiking the Grand Canyon and up two Costa Rican volcanoes as well as two long distance cycling events in the United States and two 24 hour adventure mountain biking events in Ontario.

"Over the last 10 years, Team Diabetes participants have raised more than $22 million in support of the Canadian Diabetes Association which provides leading-edge research support, outreach programs and valuable services to people living with diabetes," said DeFina. "Many people participate in the program because they are living with diabetes or have family members or friends living with the disease. They are extremely passionate about raising awareness of diabetes management and prevention."

You don't have to be an athlete to join. Team Diabetes prepares you for the physical challenge and provides the support needed to achieve fundraising and training goals. More information is available at teamdiabetes.ca or 1-800-BANTING (226-8464).

MICHAEL SHENIER

DAVID COOPER/TORSTAR NEWS SERVICE

A crash on Finch Avenue took at least three lives. Toronto firefighters help cut open a van after a car travelling westbound on Finch crashed into a van at a high rate of speed.

Crash claims 3 lives

Police say car was travelling around 200 km/h

Hon To, 44, appeared to be winning her two-year battle with bone marrow cancer. Her 24-year-old daughter, Khan (Christine) Taing, who was helping nurse her back to health, was poised to reach her goal of entering the medical profession.

Returning home from prayers at their local temple late Saturday night, the two women were killed in a horrendous car crash, victims of a suspected drunk driver who police estimate was doing 200 km/h in his BMW.

Police saw accident

- Moments before the impact, the westbound BMW flew past a police cruiser heading east on Finch, said Sgt. Tim Burrows of Traffic Services. The officers witnessed the crash in their rear view mirror, he added.

A female friend travelling in the family's Honda Odyssey driven by To's husband, Pho Taing, was also pronounced dead at the scene on Finch Avenue at Tobermory Drive.

A fifth passenger, a woman in her 30s, was in critical condition in hospital and not expected to survive.

The 21-year-old driver of the BMW, who suffered non-life-threatening injuries, was arrested for impaired driving, police said yesterday.

They said they were stunned by the wreckage from the impact, which tore the minivan apart, throwing the three victims from the vehicle as it turned left off Finch going east. TORSTAR NEWS SERVICE

News in brief

CRIME Peel homicide detectives are awaiting the results of an autopsy before deciding whether a 49-year-old Toronto man was murdered in a Mississauga motel. Police were called to the Maxine Inn on Lakeshore Road Saturday night after a body was found in a second floor room. The name of the man was being withheld until relatives were notified.

TAXI CAMERAS It's an idea that has clearly worked. Ever since car cameras and alarm lights were installed on Toronto taxis, the incidence of robberies and assaults on drivers has plummeted, police announced yesterday. And, they say, the images from taxi cameras are being used to solve a host of crimes.

TORSTAR NEWS SERVICE

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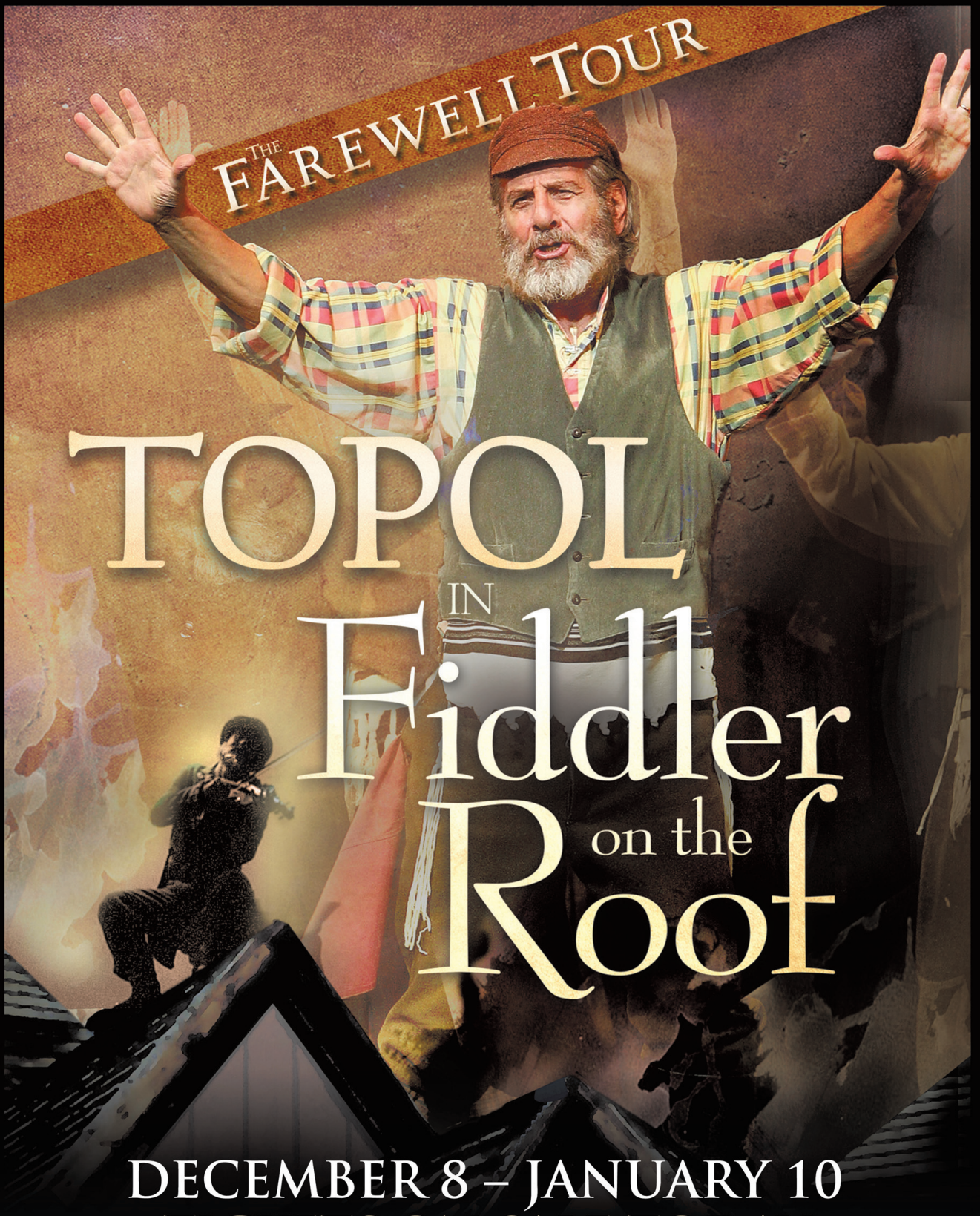

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MPP seeking inquiry into eHealth

Southwestern Ontario MPP Toby Barrett is continuing to push for an inquiry into Ontario's bungled eHealth program. Barrett says the Gomery inquiry into the federal Liberals' sponsorship scandal five years ago involved only a fraction of the money the McGuinty government has spent on eHealth. THE CANADIAN PRESS

Better service needed, says ombudsman

Toronto city hall needs to create a culture of customer service for its residents, says the city's first ombudsman, whose office has now been open for six months.

"We have lot of challenges around issues of customer service," Fiona Crean told councillors at a meeting of the Etobicoke York community council last week.

"I'm repeatedly finding voice mails are full. Please call my assistant, I'm on holiday. You call the assistant, and the assistant is on holiday," she said.

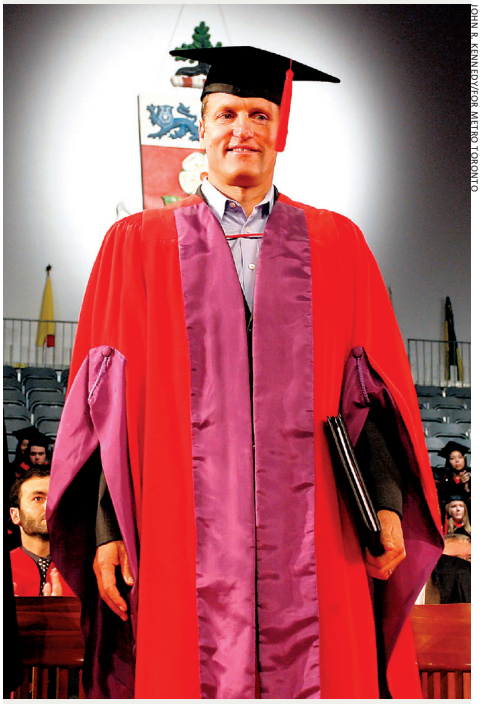
"There is nothing more frustrating than a citizen calling in and getting a full voice mail, or being told to call somewhere else," Crean said in a later interview, noting it has happened to her both as a resident and as ombudsman.

Appointed as part of a new accountability structure at city hall, Crean's job is to handle public complaints related to city government, including its affiliated agencies. However, it is the place of last resort — she will only look into a case after residents have tried to resolve a complaint through the regular channels.

Crean is still mulling over what recommendations she might make on how to make the city more customer-friendly, but intends to bring up the issue during meetings scheduled with senior managers in coming weeks. TORSTAR NEWS SERVICE

604 As of Sept. 30, Fiona Crean's office handled 604 complaints in the first six months of operation, of which 488 have been processed and closed, new statistics show.

York **Woody goes to college**



JOHN K. KENNEDY/FOR METRO TORONTO

Actor Woody Harrelson was at York University's fall convocation Saturday to accept an honorary doctorate of law in recognition of his efforts to promote sustainable living. The 48-year-old Cheers star urged graduates to make the best of their lives. "Play is everything. Work isn't everything," he said.

LG Fashion Week tries out new venue, opening gala

FASHION Buckle up style watchers: The latest edition of Toronto's LG Fashion Week offers a flashback glimpse and fast-forward look-ahead at Canadian fashion with retrospectives and new designs ruling the runway.

The event will take a slightly different direction with an opening night gala today instead of designer-driven runway shows. The gala will honour the centennial of beauty brand L'Oreal and feature costumes from the Stratford Shakespeare Festival.

Fashion Week has relocated to a venue that used to house an auto dealership, saying goodbye to its former high-visibility home under the makeshift tents at Nathan Phillips Square. "I think sometimes the fashion industry has a very short attention span, including myself, so sometimes you need to shake it up a bit and try something new," said designer David Dixon. THE CANADIAN PRESS

Rules punish foreign workers: Critics

IMMIGRATION The proposed changes to Canada's temporary foreign workers program reinforce a "disposable" workforce and further penalizes workers already vulnerable to abuse, advocacy groups warn.

The changes, announced by Immigration Minister Jason Kenney late last week, represent another setback for the 260,000 temporary foreign workers — many of them in clerical and manual jobs — because it limits their stay to four years and bans them from returning to Canada for at least six years, critics say.

"They are punishing the victims, not stopping the exploitation," said Sonia Singh, a spokesperson for the Toronto-based Coalition for Change.

Critics say Canada is being sent backward in history to when labourers, like the Chinese rail workers, were brought here temporarily and then restricted when they were no longer needed. TORSTAR NEWS SERVICE

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Doer hands Manitoba premier's office to Selinger

Gary Doer has handed over the Manitoba premier's office to his successor, Greg Selinger. Doer smiled and shook hands with Selinger yesterday as the two men sat across a large table inside the premier's office. THE CANADIAN PRESS

Canada

Day eyes Buy American resolution

Trade Minister Stockwell Day, left, will be making yet another pitch to settle the contentious Buy American dispute today when he meets with his U.S. counterpart during a rare summit of the NAFTA ministers. Day said he will bring up the issue during a meeting with U.S. Trade Representative Ron Kirk, but admits there is no resolution on the horizon. Despite reports last month that a deal was imminent, Day described any progress as incremental. THE CANADIAN PRESS

Tory on payroll of contract winner

Senator says he didn't know about stimulus project awarded to Montreal firm

A Montreal firm landed a federal stimulus contract while a top Tory organizer and senator was on the payroll, The Canadian Press has learned.

Senator Leo Housakos' employer, BPR Inc., was part of a consortium that won a $1.4-million engineering contract to study the future of Montreal's aging Champlain Bridge.

Public Works Minister Christian Paradis announced $212 million in funding for the bridge — and a competition for the engineering contract — on May 20, the same day Housakos was stage managing a major Conservative fundraiser in Montreal.

The Canadian Press obtained a copy of the guest list for one of the special VIP receptions that was held just before the main fundraising event.

The 48-person list included four executives from BPR and the winning consortium, BCDE.

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BPR president Pierre Lavallee is registered as having donated $250 to the Conservative party eight days after the event.

Housakos said in an interview he was never an employee of BPR proper, but rather of its wholly owned subsidiary TerrEau. He added he couldn't have advised the Senate ethics officer that BPR was bidding on the Champlain Bridge contract because he didn't know about it.

But his declaration to the ethics commissioner on Feb. 4, 2009, states that he is a "member of the board of directors of BPR," and president and member of the board of TerrEau.

He sent another declaration to the Senate ethics office last week, saying he had resigned from both positions effective Oct. 1, 2009 — 10 days after BPR had won the contract.

THE CANADIAN PRESS

U.S. to foot Canadians' bills for space travel

DEAL Canadian astronauts will continue getting free rides to the International Space Station even after the U.S. suspends its shuttle program next year, thanks to some earlier bartering with the Americans.

Three remaining American space shuttles are due to be retired, and the U.S. is not expected to have a replacement ready until 2014 at the earliest.

In the interim, NASA and other space agencies will have to count on a Russian Soyuz spacecraft to ship their astronauts up and down, with the U.S. picking up the tab.

There are reports that Russia's space agency will begin charging $51 million US per flight starting in 2012.

THE CANADIAN PRESS

Freed journalist's fate still uncertain

IRAN Iranian-Canadian journalist Maziar Bahari was at his mother's home in Tehran yesterday after being released on bail from prison, but his family said it's unclear whether the Newsweek reporter will be permitted to return home to his pregnant and ailing wife, scheduled to deliver in just over a week.

Agah Bahari, Maziar's 26-year-old nephew, said in a phone interview from Vancouver that his family is cautiously optimistic about his uncle's return.

Maziar Bahari, 42, was freed from Tehran's Evin Prison after posting a bail of about $300,000 on Saturday.

A dual Iranian-Canadian citizen, he was arrested June 21 as part of the government's attempts to silence protests over the disputed election of President Mahmoud Ahmadinejad.

Agah Bahari said he spoke with his mother in Tehran on Saturday and she told him that Bahari was there at his mother's home in Tehran and appeared to be doing well.

"He's fine," Bahari said. "But after 140 days in jail in Tehran, you're not going to be totally fine."

Bahari said his uncle was filling out paper work related to his release. He was reluctant to discuss further conditions of his uncle's release because his fate is still unclear. THE CANADIAN PRESS

Background

- Maziar Bahari is among more than 100 prisoners put on mass trial in August, accused of being part of an opposition plot to foment a "velvet revolution" to topple Iran's clerical leaders on orders from its foreign enemies. Many defendants delivered courtroom confessions admitting to their roles, which the Iranian opposition says were coerced.

Munster **Halloween comes early**

PAWEL DWULIT/THE CANADIAN PRESS

Six-month-old Airelle McDonald sits in a costume yesterday while surrounded by pumpkins at Saunders Farm in Munster, Ont., just west of Ottawa.

News in brief

RELOCATION The mother of eight-year-old Victoria Stafford is outraged the man accused in her death has been moved to another jail. Woodstock radio station CIHR cites sources who say Michael Rafferty, 28, complained about the mail delivery, phone access and taunting by jail guards and inmates at the Middlesex London Detention Centre.

THE CANADIAN PRESS

Homeowners sue over B.C. highrise crash
A group of homeowners is suing the estate of an elderly pilot after they were forced from their homes when his plane hit their highrise building. THE CANADIAN PRESS

Protesters still upset with Bush doctrine

Activists set to rally at Montreal talk

The clamour of anti-war protest will once again surround the Montreal hotel where John Lennon and Yoko Ono held a bed-in that helped define the peace movement of a generation.

But this time Ono won't be at the Queen Elizabeth Hotel, where 40 years ago she and Lennon recorded the anti-war anthem Give Peace A Chance.

Instead, George W. Bush will be holding court this week inside the downtown building.

The former U.S. president will reminisce Thursday about his time in the White House and discuss challenges the world will face in the future.

He was invited by the Board of Trade of Metropolitan Montreal, which has been selling tickets to the event for between $200 and $400 each.

Bush, who left office in January, led his country into two wars and saw his popularity rocked by criticism of a bloody campaign in Iraq.

Anti-war demonstrators plan to let him know they're still upset.

"This is to protest, more or less, everything that George Bush stood for and still stands for — meaning getting the U.S. and many other countries into two wars," said activist Raymond Legault.

Protests have followed Bush during previous visits to Canada this year.

When Bush visited Toronto with former U.S. president Bill Clinton in May, hundreds of demonstrators swarmed outside the venue.

It was a different story when Clinton appeared alone in Montreal last week. He drew an adoring crowd of 700 people that came to watch him receive an honourary doctorate at McGill University.

Bush is also scheduled to speak in Edmonton tomorrow and Saskatoon Wednesday.

THE CANADIAN PRESS

THE MAEIL/THE ASSOCIATED PRESS

Former U.S. president George W. Bush speaks last week during the World Knowledge Forum in Seoul, South Korea.

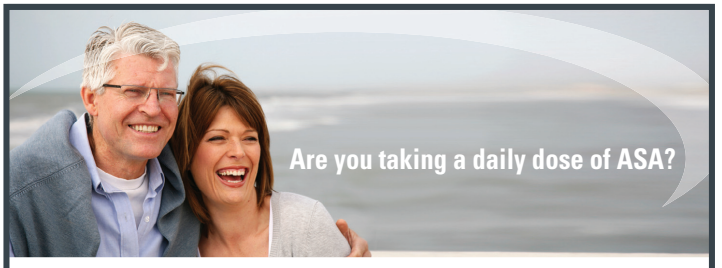
If the shoe fits...

- Protesters hurled insults — and shoes — at posters of George W. Bush when the former president came to speak in Calgary and Toronto earlier this year.

News in brief

SHIPS Defence Minister Peter MacKay is being cautious about drawing any conclusions about a ship that authorities seized off the West Coast that was carrying dozens of would-be immigrants from Sri Lanka. In an interview yesterday, MacKay declined to characterize it as a smuggling operation.

COURT An inquiry that resumes today into the death of a mentally ill man Tasered by Halifax police will turn to the question of why he didn't receive any psychiatric testing, a lawyer for the man's family said. THE CANADIAN PRESS



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Quebec provincial party gets new leader

Gilles Taillon has become the leader of l'Action democratique du Quebec, a third-place provincial party that recently came within a whisker of power but now faces an uncertain future. THE CANADIAN PRESS

Report card looming for health agency

The eHealth scandal in Ontario that recently rocked the provincial government may have been a dress rehearsal for its larger counterpart at the federal level.

The troubled Canada Health Infoway Inc., which like its provincial cousin is trying to convert medical records into electronic form, gets a long-awaited report card next month from the auditor general of Canada.

So far the prognosis is poor for the secretive agency, which has already swallowed $1.6 billion of federal money and was promised $500 million more this year by Health Canada.

Created in 2001 as an independent non-profit agency, Infoway has been largely exempt from accountability restraints governing most other federal departments, including freedom-of-information and oversight by federal watchdogs.

Like eHealth Ontario, the arm's-length federal agency has made heavy use of outside consultants — but unlike all federal departments it is not required to proactively disclose contracts, whether sole-source or otherwise.

Infoway's results so far have raised doubts about how effectively it has managed taxpayers' money over the last eight years.

THE CANADIAN PRESS

Deadline

- Canada Health Infoway Inc. was supposed to ensure 50 per cent of the Canadian population had electronic medical records by March 31, 2010. But earlier this year, Infoway acknowledged it had reached only 17 per cent.

Parliament **Smile Iggy!**

PAWEL DWULIT/THE CANADIAN PRESS

Federal Liberal Leader Michael Ignatieff gestures Saturday as he accepts The Flip-Flop Award during the annual Parliamentary Press Gallery Dinner on Parliament Hill in Ottawa.

Legal fees costly in Taser inquiry

DEFENCE The federal government spent more than half a million dollars defending the RCMP and the actions of the four officers who stunned Robert Dziekanski with a Taser at Vancouver's airport.

The Justice Department had billed the RCMP more than $373,000 in legal fees to represent the force at the inquiry as of July 31, according to documents obtained under federal access to information laws.

Lawyers for the officers had together cost the RCMP about $200,000 by the end of August, according to the documents.

The inquiry began in January and finished last week. THE CANADIAN PRESS

News in brief

INQUIRY The retired judge heading an inquiry into offshore helicopter safety wanted to know all he could about the Cougar chopper that ditched into the Atlantic last March, killing 17 of 18 people aboard, so he underwent simulated crash training to qualify for flight to the Hibernia oil platform east of St. John's.

THE CANADIAN PRESS

Gay man not victim of hate crime, instead facing charges, police say

VIOLENCE A gay man beaten with a brick in Thunder Bay was not the victim of a hate crime and is now one of five people facing charges in a sequence of altercations that included the attack, police said Friday.

John (Jake) Raynard, 30, landed at the centre of a community debate over hate crimes and violence after he was beaten in the face with a brick in an attack that friends said included slurs against his sexual orientation.

On Friday, police charged Raynard with assault and assault with a weapon.

THE CANADIAN PRESS

Charges

- Charges have also been laid against two 16-year-olds, while warrants have been issued for the arrest of a 16-year-old and an 18-year-old.

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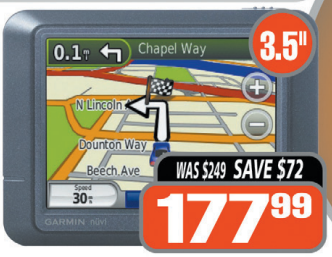

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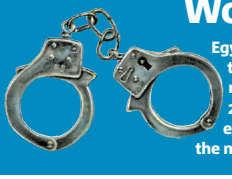
Aid workers freed in Sudan

Two foreign aid workers seized at gunpoint more than three months ago in Sudan's Darfur region were released Saturday by their captors, a Sudanese government official said. THE ASSOCIATED PRESS

World



Woman arrested in kidnapping scam

Egyptian police say they have arrested a woman who had claimed she was kidnapped together with her cousin in hopes of bilking relatives out of the $55,000 US in ransom. Police in the southern city of Luxor told reporters yesterday the 20-year-old woman had come up with the kidnapping scheme with her father to extract the money from the wealthy parents of her four-year-old cousin. They wanted the money to help out her father and pay for her wedding plans. THE ASSOCIATED PRESS

Parents may face charges

Police say 'balloon boy' drama was hoax for unnamed TV show

The story that a Colorado boy had floated away in a giant helium balloon was a hoax concocted to land a reality TV show, authorities said yesterday, and the boy's parents will likely face felony charges.

The stunt two weeks in the planning was a marketing ploy by Richard and Mayumi Heene, who met in acting school in Hollywood and have appeared on the ABC reality show Wife Swap, Larimer County Sheriff Jim Alderden said. The Heenes have reportedly been working on a reality TV deal in Los Angeles.

Investigators are examining the possibility of other conspirators, "including the possibility that even some of the media outlets may have had some knowledge about this," Alderden said.

Documents show that a media outlet has agreed to pay money to the Heenes with regards to the balloon incident, Alderden said. He didn't name the media outlet, but said it was a show that blurs "the line between entertainment and news." It wasn't clear whether the deal was signed before or after the hoax, or whether that media was a possible conspirator.

The stunt temporarily shut down Denver International Airport and caused the National Guard to scramble two helicopters in an attempt to rescue the boy, who was believed to be inside the flying-saucer shaped homemade balloon that hurtled more than 80 kilometres across two counties. The parents weren't under arrest, the sheriff said. He said he expected to recommend charges of conspiracy, contributing to the delinquency of a minor, making a false report to authorities and attempting to influence a public servant. Federal charges were also possible.

During an interview on CNN Thursday night, Alderden said investigators had an "aha" moment when Falcon turned to his dad and said what sounded like "you had said we did this for a show" when asked why he didn't come out of his hiding place.

THE ASSOCIATED PRESS

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DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

Six-year-old Falcon Heene is shown with his father, Richard, on Thursday. Police say last week's balloon incident was a hoax.

Violence flares near Iran-Pakistan border

IRAN A suicide bomber killed five senior commanders of the powerful Iranian Revolutionary Guard and at least 37 others yesterday near the Pakistani border in the heartland of a potentially escalating Sunni insurgency. The attack — which also left dozens wounded — was the most high-profile strike against security forces in an outlaw region of armed tribal groups, drug smugglers and Sunni rebels known as Jundallah, or Soldiers of God.

President Mahmoud Ahmadinejad promised sharp retaliation. But a sweeping offensive by authorities is unlikely. Iranian officials have been reluctant to open full-scale military operations in the southeastern border zone, fearing it could become a hotspot for sectarian violence with the potential to draw in al-Qaida and Sunni militants from nearby Pakistan and Afghanistan.

THE ASSOCIATED PRESS

Blame game

- Iranian state TV accused Britain of supporting Jundallah, without providing any evidence. The Revolutionary Guard blamed the attack on what it called the "global arrogance," a reference to the United States.

News in brief

MEXICO Hurricane Rick raged across open seas yesterday, but forecasters said it could veer into resorts at the tip of the Baja California Peninsula by midweek.

PUERTO RICO Gunmen opened fire in a bar and killed at least seven people, Puerto Rican police said yesterday. A nine-year-old girl and a pregnant woman who lost her eight-month-old fetus after being shot were among the seriously wounded, said police.

THE ASSOCIATED PRESS

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Ruling party sweeps Botswana election
Botswana's governing party, which has been in power for more than four decades, once again swept parliamentary elections that regional observers deemed free and fair, the country's independent electoral commission announced yesterday. THE ASSOCIATED PRESS

Advisers push public option

Gov't-run plan 'best choice': Official

U.S. President Barack Obama is not demanding that health-care legislation include a government-run insurance option even though he believes it would best meet his reform goals, White House advisers said yesterday.

Obama

The White House and lawmakers are trying to blend five House and Senate committee versions of health-care legislation into a bill that will pass both houses, where near unanimous Republican opposition was expected.

House Democrats are insisting there be a public option in competition with the private insurance industry to drive down the cost of coverage. In the Senate, Republicans and some Democrats oppose the measure, meaning inclusion of the public option would foreclose winning the 60 votes needed to advance a bill.

Senior adviser Valerie Jarrett said Obama believes the public plan is still the "best possible choice," but she said the president is not demanding it.

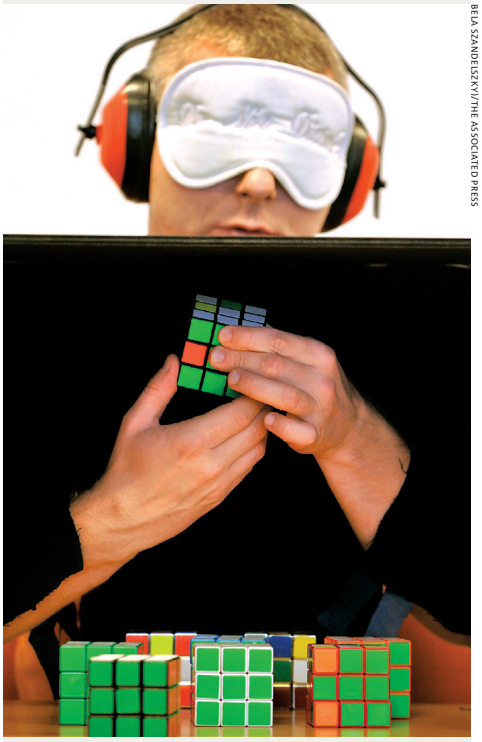
David Axelrod, Obama's top adviser, said Senate opposition in both parties means "we have to work through these issues."

White House chief of staff Rahm Emanuel, who is deeply involved with congressional Democrats in trying to merge the various committee proposals, also appeared to set aside the public option.

"It's not the defining piece of health care. It's whether we achieve both cost control, coverage, as well as the choice," Emanuel said.

THE ASSOCIATED PRESS

Hungary **Puzzling behaviour**


BELA SZANDELSZKY/THE ASSOCIATED PRESS

A blindfolded participant in the annual Rubik Cube Hungarian Open Championships solves nine three-by-three cubes yesterday after memorizing all of them in Budapest, Hungary.

Afghan vote inquiry results withheld

POLITICS Afghanistan's electoral crisis was prolonged yesterday as the results of an inquiry into vote-rigging allegations were yet again withheld from the public.

High-level meetings continued to be held in Kabul between international representatives and the two men vying for the country's presidency. The meetings are aimed at reaching a consensus on whether a second round of balloting was required.

Afghan officials have hinted that the audit of the Aug. 20 presidential election results could drop President Hamid Karzai's share of the vote below the 50 per cent mark needed to avoid a run-off.

Speculation

- There is further speculation that the international community may be pushing for Abdullah and Karzai to form a unity government in order to restore some legitimacy to the country's governing institutions.

The Karzai camp, however, has hinted that it would reject such a dramatic recalibration of the 54.6 per cent he scored in the preliminary results. Karzai's main challenger, former foreign minister Abdullah Abdullah, is pushing for the results to be released soon and say they are likely to be announced today.

THE CANADIAN PRESS

News in brief

PAKISTAN Pakistani troops and the Taliban fought fierce battles yesterday in a militant sanctuary near the Afghan border, with both sides claiming early victories in an army campaign that could shape the future of the country's battle against extremism.

EGYPT A Christian man was killed in southern Egypt by attackers who accused his son of having an affair with a Muslim girl, police said yesterday. The officials said that Farouk Henry Attallah, 61, was shot to death in his village of Attaleen.

THE ASSOCIATED PRESS

Car Insurance Roadblock

Consumers concerned insurers don't want drivers with tickets or accidents

Worried Your Spotted Driving Record Means You've Got Nowhere To Turn For Car Insurance?

Don't be. While it's true that, all things being equal, your tickets and accidents make you a more expensive risk to insure than a similar car and driver with a clean driving record, that doesn't mean you should have trouble finding insurance – assuming you know where to look. Different insurance companies target different types of business and this is reflected in things like their claims service, marketing efforts, discounts, and most importantly for you, their rates.

Can Some Insurance Companies Simply Refuse to Insure Some Drivers?

No. Since insurance companies have to file their rules and rates with the Financial Services Commission of Ontario (FSCO) they can only refuse drivers if they fall outside of the rules sent to FSCO. But what they *can* do is market themselves and set their rates such that they are more competitive for consumers they wish to attract (and, yes, less competitive for consumers they don't wish to attract). The result is that rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. Take a look at the table below.

Am I Doomed To Pay A Bundle?

No. Sadly, this is a mistake many drivers make and it can be a costly one, especially if they don't bother to shop around for the lowest rate available. The key to finding the best rate, especially if you have tickets or accidents on your driving record, is to figure out which insurance company of the more than 30 in Ontario has the best rate for your particular situation. And with rates varying so wildly across companies, chances are you are not with the company that has the lowest rate for your profile right now.

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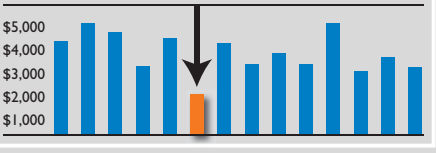

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Barn collapses, kills 10 in China

A state news agency says a barn in southwest China collapsed, killing 10 people and injuring nine Saturday while workers were receiving grains from farmers. THE ASSOCIATED PRESS

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Philippines braces for another storm

Philippine disaster response agencies packed tons of food aid, readied helicopters and prepared a massive evacuation plan in the mountainous north yesterday as another typhoon threatened the country after back-to-back storms killed more than 800 people.

AARON FAVILA/THE ASSOCIATED PRESS

A Filipino boy eats at an evacuation centre yesterday east of Manila, Philippines. The country is preparing for Typhoon Lupit.

Typhoon Lupit, roaring over the Pacific Ocean with sustained winds of 175 km/h and gusts of 210 km/h, will likely spare the capital, Manila, but could slam into other parts of the north in about three days, chief weather forecaster Prisco Nilo said.

Lupit — a Filipino word for cruel — is the 18th tropical storm to threaten the country this year. About 20 typhoons or storms lash the Philippines annually.

The Philippines is still grappling with the deadly aftermath of Tropical Storm Ketsana, which struck Sept. 16 and triggered the worst flooding in Manila in more than 40 years. It was followed by Typhoon Parma on Oct. 3, which lingered for a week, drenching northern mountain provinces and causing landslides that buried many homes. Local military and UN helicopters were on standby for emergency airlifts, officials said. THE ASSOCIATED PRESS

85 About 85 tons of rice, canned sardines, noodles, blankets and mosquito nets were being packed for the north of the country where recent landslides blocked transport.

News in brief

DOGFIGHT Police in central England say protesters holding a rally at one of Britain's largest coal-fired power stations suffered dog bites and other injuries in clashes. Demonstrators said yesterday that as many as 20 people were bitten by police dogs. THE ASSOCIATED PRESS

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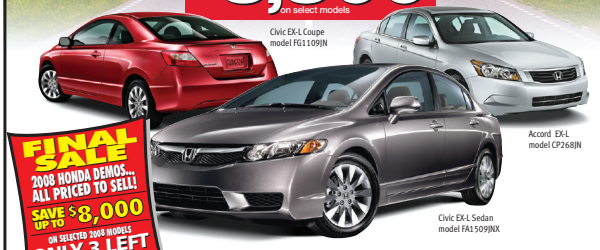

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Comment

There is an art to being a flu diva

HineSight

Recently, a local newspaper headline read, "Will H1N1 shots come in time?" The answer? "Not for this girl, they won't."

I have the flu. I don't know if it's swine flu. Which, of course, we're not supposed to call "swine" anymore because it's insensitive to farm animals ... or men who behave badly ... I can't remember which. What I do know for sure is that when you have it you don't really care what it's called.

Traditional wisdom says there's nothing I can do now except rest and "push liquids." My friend Rob is a great believer in this. He takes a shot of whiskey at the first sign of a flu. Also the second, third, fourth and fifth. Another friend, Laurie, says her family remedy of choice was rum laced with lemon and honey. Did it cure you? "Sure," she said. "Or if it didn't, you didn't really care."

Those who claim rest and liquids are all a sick person can do to feel better are missing one other important option. You can also whine, complain, and generally arrange to be waited on hand and foot. Being struck by flu is your excuse to become "Diva for a day."

There is an art to effective demanding. You need

SunnySide

to hit that fine line between what will get you a response of, "I'll do that for you right away, my poor sick honey," or "I'm leaving you here to die alone."

I will illustrate:

Me: (making pathetic groaning noises as if every cell in my body is infested by some horrible disease. Which, as it happens, is the case.)

My partner, Liz: Can I get you anything?

Me: No, no. Just ... (faltering a little) ... remember me as I was.

Liz: OK.

Me: But maybe ... a little orange juice.

Liz: Juice. No problem.

Me: Fresh-squeezed is nice.

Liz: I'll get oranges.

Me: In my favourite ... you know...

Liz: Xena, Warrior Princess glass. Got it.

Me: Served with warm homemade biscuits and that marmalade we saw in the gourmet shop in Tuscany.

Liz: You're on your own, Sunshine.

Now many of you may be asking, "Does demanding attention really make you feel better?" The answer, of course, is, "Darn right it does."

This flu will run its course soon. In the meantime, I'm going to have to be satisfied with that ol' "rest and liquids" and, if I manage it, someone to fetch me my bunny slippers.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Views

Dealing with flu and colds on transit

InTransit

H1N1, or swine flu, is going to get a lot of coverage this season. Perhaps the extra attention will inspire us to boost our personal habits of preventing all flu and cold viruses.

We will continue to hear the suggestions from health authorities: Get in the routine of washing your hands — properly. Avoid coughing or sneezing onto the hands — use your sleeve. Keep hand sanitizer with you.

Many people have heeded these tips already. But what about changing deeply unconscious habits, such as touching your face? That's not quite so easy to stop.

Then there is obviously good advice such as, "Don't go to work when sick." Except that not everyone has an employer that allows them to stay home without fear of repercussions.

It's going to be up to riders to ensure the commuting environment is as healthy as possible. GTA transit agencies may do additional cleaning to reduce the spread of germs, as well as co-ordinate with health authorities in responding to the swine flu, but don't expect hand gel dispensers on every vehicle.

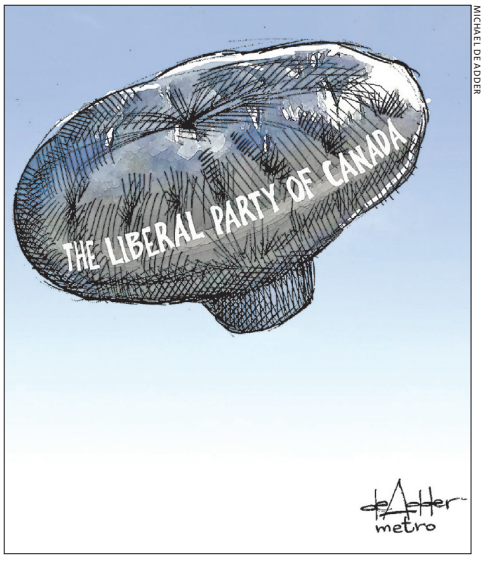
Spokesperson Kevin Carrington says the TTC is putting more attention on cleaning "high-traffic areas" such as handrails and stanchions (those poles we use to steady ourselves aboard vehicles). "Extra effort will be given to keeping those surfaces clean," he says.

GO Transit's Vanessa Thomas states GO "always maintains a high standard of cleanliness and we have all the relevant cleaning practices in place to ensure the safety of our passengers and our staff."

*****

Attention GO Transit passengers: Managing director Gary McNeil has offered to answer rider questions in this space. If you have queries, email me at transit@eddrass.com.

Toronto-based transport writer Ed Drass covers transit issues every Monday; transit@eddrass.com.



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Toromont makes bid for Enerflex

Toromont Industries Ltd. made a cash-and-stock bid Friday for Enerflex Systems Income Fund, a supplier to the oil and gas industry, that valued the income trust at about $597 million. Toromont offered $13.50 per unit. THE CANADIAN PRESS

Business

DOLLAR	GAS	OIL	TSX
US 96.32¢ (Friday's close)	US $4.78 (Friday's close)	US $78.53 (Friday's close)	11,504.76 (Friday's close)

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Investors looking at earnings, dollar, oil

MARKETS The Toronto stock market continues to demonstrate resilience as a key week of U.S. earnings encouraged investors that an economic recovery is in the works.

The S&P/TSX composite index finished last week up 0.6 per cent, but investors had sent the market up a solid 4.36 per cent the previous week in anticipation that U.S. companies would report stronger earnings and revenue.

Earnings

- The Canadian earnings season doesn't go into high gear until the end of the month.

Disappointing earnings from Bank of America and General Electric reminded investors that businesses and consumers are still struggling to pay off debts. But Goldman Sachs Group, Google and computer chip maker Advanced Micro Devices reassured investors, who await more key American reports this week.

Investors will also be watching the U.S. dollar. Persistent weakness in the greenback pushed crude oil prices up to its high of the year. But these higher oil prices are getting to a level that makes economists worry about how high crude could depress a recovery.

THE CANADIAN PRESS

Cheap phones seduce Canadians?

Consumers who want smartphones like BlackBerrys and iPhones will be tied to longer contracts and the subsidies that come with them to bring down the cost until pricing and shopping habits change, analysts say.

Prepaid phones dominate globally, but in North America and especially Canada, it usually applies to only basic cellphones.

"Canadians are not used to cellphones costing a lot of money," said PC magazine analyst Sascha Segan. "Smartphones without subsidies are expensive devices." A BlackBerry, without a subsidy, can cost up to $700.

Segan said in some countries, 85 per cent of people have prepaid phones. RIM has been offering prepaid phones in countries like Philippines, Indonesia and India and in the Caribbean.

"Canadians are not used to cellphones costing a lot of money."
Sascha Segan, PC magazine analyst

IDC Canada analyst Kevin Restivo said as RIM tries to make the BlackBerry more popular among consumers, it and wireless carriers will have to change the pricing.

Segan said consumers have to stop being "seduced" by the lower upfront price tag that comes with a long-term contract.

It will be more difficult for wireless carriers to change the pricing of the iPhone because there aren't a lot of models, he said.

THE CANADIAN PRESS

Economic grinch Barbie maker's profit dips

GENE J. PUSKAR/THE ASSOCIATED PRESS

Barbie merchandise is displayed at Toys "R" Us in Cranberry Township, Pa. Mattel Inc.'s third-quarter profit declined three per cent because a tough economy is still dampening demand for toys.

Business in brief

BIG BONUSES A British minister says the government may intervene to prevent bailed-out banks from paying large bonuses to employees. City minister Paul Myners said banks that received taxpayer-funded bailouts cannot justify awarding big bonuses. The Royal Bank of Scotland, which is 70 per cent government-owned, has denied it plans to offer executives bonuses of up to £5 million ($8.2 million US) each.

THE ASSOCIATED PRESS

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Royal Bank plans to buy back up to 20 million of its shares

BANKING Royal Bank of Canada said it plans to repurchase up to 20 million of its common shares under a normal course issuer bid. The bank said the plan would cover 1.4 per cent of its outstanding common shares as at Oct. 14.

"The proposed share repurchase will enable the bank to balance the imperatives of maintaining strong capital ratios with the ongoing need to generate shareholder value," the bank said in a statement.

Royal Bank has repurchased no shares under its current normal course issuer bid, which expires Oct. 31. By buying back its shares, the bank reduces its equity base, spreading profits over fewer shares. That increases its return on equity and earnings per share, two key ratios used to determine a company's financial health and investment rating.

Shares

- Shares in the bank, which announced the plan after the close of markets, were up nine cents at $56.05 on the Toronto Stock Exchange.

THE CANADIAN PRESS

New jets add value: Analyst

BOMBARDIER Growing confidence in Bombardier's new CSeries aircraft has prompted an aerospace analyst to become the first to incorporate its potential value in his target price for the company's stock.

Benoit Poirier of Desjardins Securities estimates the new 110- to 149-seat plane that is set to enter service in 2013 will be worth $1.20 per share for the company, raising its market capitalization by more than $2 billion a year. As a consequence, he has raised his target price for Bombardier shares to $7 from $6.

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Halliburton profits tumble

Halliburton's third-quarter results gave the first concrete evidence that the oil industry may have bottomed out as profits plunged but drilling activity in the critical region of North America grew. Halliburton shares closed at $30.40 US Friday after hitting a 52-week high of $31.27. THE ASSOCIATED PRESS

Ottawa asks top court's opinion on national regulator

Ottawa is asking the Supreme Court if the federal government has the authority to create a national securities regulator.

Justice Minister Rob Nicholson said the government will seek an opinion from the court on the constitutionality of the proposed Canadian securities legislation that is expected to be ready in spring.

Provinces

- Currently in Canada, securities regulation comes under the jurisdiction of the provinces and territories.

"The government strongly believes that Parliament has the constitutional authority to enact a comprehensive federal securities act and is initiating preparatory steps in that direction," he said.

The government says it is continuing to work with its provincial and territorial partners to develop legislation that would allow voluntary participation in a national regulator.

Federal Finance Minister Jim Flaherty created an advisory office, headed by Doug Hyndman, former chairman and CEO of the B.C. Securities Commission, earlier this year to help draft the legislation.

The provinces had initially been mostly united in backing a so-called passport system, which would allow the provinces and territories to continue to set policies for their securities industries, but under a common umbrella.

THE CANADIAN PRESS

Experts caution impulsive buyers

Now that the loonie is nearing parity, Philip McKernan is cautioning Canadians against making impulsive decisions solely because of the strength of the dollar, particularly in real estate.

Bargains for snowbirds?

- Canadian Snowbird Association spokesman Michael MacKenzie said he's seen condos on the market in Florida for less than half the price they would have sold for two years ago.

"When the dollar hit par in (2007) there was a sudden rush south of the border for people buying real estate, and to make a decision on a differential of 10 or 15 per cent on a currency is absolutely and utterly insane," said McKernan, who co-authored a book on the topic called South of 49: The Canadian Guide to Buying Residential Real Estate in the United States.

McKernan said a high loonie can certainly be an added bonus if you're planning to buy property in the U.S. anyway, but it shouldn't be the prime motivation.

People who bought property when the loonie rose above parity in 2007 are probably kicking themselves now, as the U.S. housing market has taken a severe beating from the sub-prime mortgage crisis.

"The steal they thought they had bought, has now probably dropped below any savings they ever made in currency," he said.

However, many disagree with McKernan, saying the housing crisis in the U.S. combined with the strong loonie has created a "once-in-a-lifetime opportunity."

THE CANADIAN PRESS

LOUIS LANZANO/THE ASSOCIATED PRESS

Raj Rajaratnam, billionaire founder of the Galleon Group, a major hedge fund, is led in handcuffs Friday from FBI headquarters in New York. He was charged with insider trading in the stock of several companies including Hilton, Clearwire, and Google.

Hedge fund boss charged in $25M insider trading case

STOCKS One of America's wealthiest men was among six hedge fund managers and corporate executives arrested Friday in a hedge fund insider trading case that authorities say generated more than $25 million US in illegal profits and was a wake-up call for Wall Street.

Raj Rajaratnam, a portfolio manager for Galleon Group, a hedge fund with up to $7 billion in assets under management, was accused of conspiring with others to use insider information to trade securities in publicly traded companies, including Google Inc.

Bail was set at $100 million despite a request by prosecutors to deny bail. Rajaratnam, who has both U.S. and Sri Lankan citizenship, was also ordered to stay close to New York City.

U.S. Attorney Preet Bharara told a news conference it was the largest hedge fund case ever prosecuted and marked the first use of court-authorized wiretaps to capture conversations by suspects in an insider trading case.

THE ASSOCIATED PRESS

Germany has confidence in Opel deal

AUTOS The German government has rejected European concerns over its role in the sale of carmaker Opel to a consortium led by Canadian-based Magna International, saying they were based on misunderstandings that could be cleared up.

Germany's economy minister Karl-Theodor zu Guttenberg said Saturday that he did not see any reason to reopen negotiations over the decision for the Magna consortium to buy a majority stake in Ruesselsheim, Germany-based Adam Opel GmbH, and expressed belief the European Commission concerns could be addressed.

THE ASSOCIATED PRESS

Business in brief

TAKEOVER Cosmos Capital Inc. says it remains interested in taking over Cossette Inc. even as the advertising and communications agency weighs alternatives to its offer. Cossette said it was reviewing "financially superior" alternatives to the hostile take over proposal it received in the summer from Cosmos. THE CANADIAN PRESS

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Survey says

In a recent TD Canada Trust survey of small and medium-sized enterprises on key challenges, cash flow was identified as their top area of concern. NEWS CANADA

Small Business

Did you know?

Whether you are purchasing an existing business or starting one, the first few years are the most crucial, requiring planning, hard work and luck. The first steps towards success are to make sure you have a solid business plan and that your financing is in order. NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Taking pride

Celebrating the passion of Canada's entrepreneurs, Small Business Week 2009 marks its 30th anniversary in Canada this week.

The event will feature more than 200 events across the country, including business development seminars and the Young Entrepreneur Awards gala held in Ottawa tomorrow.

Industry Canada defines roughly 98 per cent of businesses in Canada as being small businesses with fewer than 100 employees.

This year's theme, "Your dream, your business, your passion," is meant to celebrate the ambition, perseverance and vision of Canada's entrepreneurs.

"Many entrepreneurs started with a dream, they took a risk and launched a business with their passion. They are the kind of ghosts in the machine that make the economy work and we wanted to shine a spotlight on these main contributors to the Canadian economy," said Michel Bergeron of the Business Development Bank of Canada.

- To find events happening near you, visit bdc.ca and click on the link for Small Business Week 2009.

– RAFAEL BRUSILOW

Pillars of the economy

RAFAEL BRUSILOW
for Metro Canada

Small businesses are more than the thriving backbone of Canada's economy — they are a testament to the resourcefulness and talent of an increasing number of Canadians.

Defined by Industry Canada as business entities with fewer than 100 employees, small businesses comprise about 98 per cent of all businesses in Canada, proof that entrepreneurs and the self-employed are a fundamental pillar of the Canadian economy.

Still, running a small business can be challenging even in the best of times. Statistics Canada figures show that every year, roughly 150,000 new small businesses are started by Canadians and about 130,000 close down. Less than three-quarters of small businesses survive their first year on average across the country, and only about one-in-five survive until their ninth year. Numbers are lowest in Atlantic Canada, with only 61 per cent of small businesses surviving their first year, and 15 per cent surviving to their ninth year.

Those numbers may scare even the brave, but with more than 2.35 million small businesses in operation throughout Canada, the overall state of small business in Canada appears healthy.

The face of small businesses ownership in Canada is also changing.

While precise figures are hard to obtain, Statistics Canada estimates 47 per cent of small and medium-sized businesses had at least some female ownership and about 38 per cent of such businesses were majority owned by women.

While women still obviously lag behind men in businesses ownership, more women than men are starting their own businesses, with the number of self-employed women having grown by 23 per cent in the last 10 years compared to 20 per cent growth for men.

"There's an increasing trend in terms of women owning their own businesses," said Michel Bergeron, vice-president of corporate relations for the Business Development Bank of Canada. "They are the fastest-growing segment of entrepreneurs."

Bergeron believes reduced barriers to starting a business and the prevalence of more female entrepreneurs as role models have been big factors in the rise of women leaders of small business.

Despite the recent recession, small businesses in Canada have weathered the storm well, according to Ted Mallett, vice-president of research at the Canadian Federation of Independent Business.

"Business bankruptcies did not increase during the recession. Small firms as a group came through relatively unscathed," he said.

Most importantly, small businesses did not shed as many employees as larger firms did, preferring instead to offer employees creative solutions like half-days and part-time employment in order to retain them for the eventual economic recovery.

"Entrepreneurs were quite agile in adjusting to the economic environment — they were resilient from an employment perspective," Bergeron said.

Across Canada, 59 per cent of businesses are located in Ontario and Quebec, roughly 35 per cent are located in the Western provinces, around 6 per cent are in Atlantic Canada, and only 0.3 per cent are in the Northern territories.

Statistics Canada estimates 47 per cent of small and medium-sized businesses had at least some female ownership, and about 38 per cent of such businesses were owned by women.

"There's an increasing trend in terms of women owning their own businesses." Michel Bergeron

Take the time to plan when starting up your own business

RAFAEL BRUSILOW
for Metro Canada

Starting your own business is always challenging, but with a good plan, you can set your entrepreneurial dreams on the path to success.

Patrick Latour, a vice-president and area manager at the Business Development Bank of Canada, says the most important thing you can do when starting a business is research.

"Understand what your unique selling point is," he said. "Who are you competing with, are you creating something brand new or expanding on an already existing idea and how are you going to get people to buy from you? The best startups take the time to plan."

Advice and support is crucial, so don't try to go it alone, says Ted Mallett, vice-president of research at the Canadian Federation of Independent Business. Find people you trust who can help you fill in the gaps in your knowledge and experience.

"People with the largest networks are more likely to succeed in the long run," Mallett said.

A recession may seem like a scary time to start a business, but if you are good at preparation and planning, it can be a blessing in disguise.

"Recessions tend to weed out businesses that are weaker and those that do make it to the startup stage during a recession have a better survival rate than ones that start during a normal economy," he said.

Mallett says too many new businesses focus on spending money before they've even begun making it. There's a good reason for the common cliché of the bedroom-boardroom, he says.

"Don't spend your money before you've built a customer base. The vast majority of startups happen with a credit card balance — huge startups with millions of dollars are rare," Mallett said.

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Klassen earns World Cup spot

Cindy Klassen returned to competitive speedskating yesterday and immediately made her mark by clinching a spot on Canada's World Cup team. Klassen finished fifth in the 1,500 metres at the Canadian Fall World Cup Selection Trials in a time of two minutes 0.69 seconds. THE CANADIAN PRESS

Sports

Button locks up F1 crown

Jenson Button, left, won his first Formula One title with a fifth-place finish at the Brazilian Grand Prix yesterday, taking advantage of mishaps by the other title contenders in a race won by Red Bull's Mark Webber. The fifth place was good enough to give Button an insurmountable 17-point lead in the drivers' standings ahead of the season-ending race in Abu Dhabi on Nov. 1. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Burke upbeat about winless Leafs

'I don't get paid to panic after seven games,' says GM after club matches 1990-91 start

It is like reading palms, tea leaves or, the way the Maple Leafs have been playing, entrails. Hints of the future can be found in the oddest of places.

So as the Leafs spilled their guts in another loss, their seventh in a season that is seven games old, general manager Brian Burke picked through the carnage and found signs of hope.

"I thought (Saturday's 4-1 loss to the Rangers) was our best game to date. I thought our guys worked extremely hard and I took a lot of positive out of it," Burke said yesterday. "I don't get paid to panic after seven games. I don't know when I do get paid to panic but I know it's not after seven games, especially where I see signs of life. I do think we're coming out of it."

An 0-6-1 start to the season has matched the worst seven-game stumble out of the gate in franchise history (equalling the 1990-91 squad) but it doesn't appear a dramatic shakeup is in the works. Nor has the horrible start undercut Burke's goal of making the playoffs this spring.

Burke was to sit down with coach Ron Wilson last night to see what could be done to help the situation on the ice and though the GM says he is "always" looking for a trade, nothing seems imminent.

So hope will come when the Leafs hit the road for a five-game journey at week's end with not two, not three, but four goaltenders on their chartered flight.

Right now the Leafs have AHL callups Joey MacDonald and James Reimer as their goalies. Both highly touted rookie Jonas Gustavsson and incumbent No.1 Vesa Toskala, who are recovering from injuries, are expected back early in the road swing, possibly for next Monday's game at Anaheim.

TORSTAR NEWS SERVICE

Kessel still about a month away

• Despite optimism generated by his play at practice this week, sniper Phil Kessel remains about a month away from suiting up. If the right-winger's rehab continues on schedule, Leafs GM Brian Burke said Kessel will be cleared to play Nov. 3, the day of Toronto's next home game against Carolina. But the GM called it "highly unlikely" that he will play that soon. He said a target is more likely a home game Nov. 14 against Calgary or a road tilt at Ottawa Nov. 17.

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Angels look to rally

BASEBALL Torii Hunter grabbed his hat, tied his spikes and headed out of Los Angeles' home clubhouse into the abundant sunshine and cool breezes of Angel Stadium.

"Now I can work on my tan again," the Angels' unofficial captain said with a grin yesterday.

His Angels are undeniably in trouble after two nights of horrible weather and messier baseball in New York, where the Yankees took a 2-0 lead over their error-prone opponents in the AL championship series.

Yet the Angels say they're far from finished going into Game 3 today, insisting they can warm back up with the fundamentally sound play that got them here after a difficult season.

If the Angels don't quickly reclaim that California cool, the Yankees could be headed to the World Series by tomorrow night.

On an afternoon expected to feature near-perfect baseball weather, New York's Andy Pettitte will attempt to win his major league-record 16th post-season game against Jered Weaver, specifically chosen for this start because of the southern California native's prowess at home.

THE ASSOCIATED PRESS

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NLCS Game 3

DAVID J. PHILLIP/THE ASSOCIATED PRESS

Los Angeles Dodgers pitcher Mark Loretta warms up before Game 3 of the National League championship series against the Philadelphia Phillies last night in Philadelphia. **For a recap and up-to-date information on the MLB playoffs, visit metronews.ca/sports.**

Sports in brief

SOCCER Toronto FC kept its playoff hopes alive with a 1-0 win over Real Salt Lake Saturday. Toronto must win its final game on the schedule Saturday in New York and hope for other favourable results to gain the first playoff berth in the team's three-year Major League Soccer existence.

STABBING A University of Connecticut football player died yesterday morning following a stabbing after an on-campus dance, hours after the team's victory over Louisville. Twenty-year-old Jasper Howard, a starting cornerback, and a second person were stabbed during a fight early yesterday, police said.

FOOTBALL After a steady climb, Alabama has reached the top of the AP poll. The Crimson Tide jumped Florida and landed at No. 1 in The Associated Press Top 25 yesterday.

METRO NEWS SERVICES

Three dead at Detroit marathon
A half-marathoner and two other runners died during the Detroit marathon yesterday, organizers said. Deaths at marathons are relatively rare. The last death at the Detroit event was in 1994. THE ASSOCIATED PRESS

Sports in brief

SOCCER Tony Donatelli, Joey Gjertsen and Roberto Brown scored in the first half as the Montreal Impact defeated the Vancouver Whitecaps 3-1 to win the United Soccer League First Division championship before a sellout crowd of 13,034 at Saputo Stadium Saturday afternoon. The Impact won the two-game, total-goals series 6-3 on aggregate.

CFL Anthony Calvillo threw two touchdown passes before leaving the game with a tightening in his calf and the Montreal Alouettes still held on for a 41-38 victory yesterday that dealt a blow to the Hamilton Tiger-Cats' playoff hopes. The Tiger-Cats lost their fourth straight and continue fighting the Winnipeg Blue Bombers for second in the East Division.

CFL B.C. running back A.J. Harris' first start of the season ended with the game-winning touchdown in the Lions' 24-21 come-from-behind win yesterday over the Blue Bombers.

THE CANADIAN PRESS

Brady lights up Titans

Tom Brady threw six touchdown passes — five in one quarter, an NFL mark — and the New England Patriots sent the hapless Tennessee Titans plummeting to a new low in their winless season with a 59-0 win on a snowy day yesterday.

Brady had five TD passes in the second quarter, a record for one period. The six touchdown throws tied Brady's own Patriots record. And the 59-point margin matched the largest since the NFL-AFL merger in 1970, the Los Angeles Rams' 59-0 win over the Atlanta Falcons in 1976.

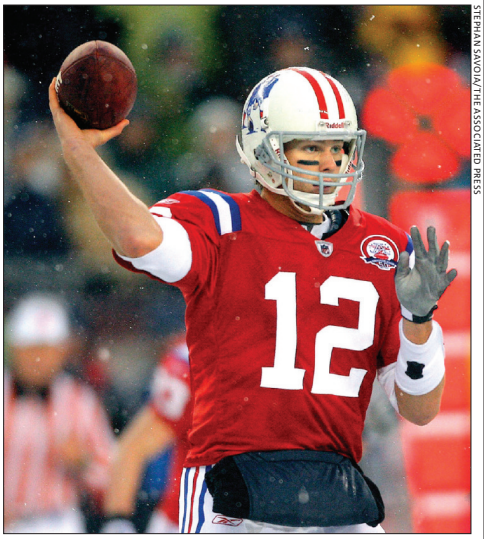
The Patriots (4-2) gained a club-record 619 yards with Brady completing 29 of 34 passes for 380 yards.

The Titans (0-6) took their worst loss since they began play in 1960 as the Houston Oilers, eclipsing the 61-7 setback to Cincinnati in 1989. They won their first 10 games last season.

Elsewhere in NFL action yesterday it was: Vikings 33, Ravens 31; Saints 48, Giants 27; Panthers 28, Buccaneers 21; Texans 28, Bengals 17; Steelers 27, Browns 14; Packers 26, Lions 0; Chiefs 14, Redskins 6; Jaguars 23, Rams 20 (OT); Raiders 13, Eagles 9; Cardinals 27, Seahawks 3; Bills 16, Jets 13 (OT). THE ASSOCIATED PRESS

Edwards out

- Buffalo Bills quarterback Trent Edwards was knocked out of the team's 16-13 overtime win over the New York Jets with a concussion following a sack.


STEPHAN SAVOIA/THE ASSOCIATED PRESS

New England Patriots quarterback Tom Brady throws the ball yesterday against the Tennessee Titans in Foxborough, Mass.

Raptors not quite ready yet: Coach

NBA The Toronto Raptors still have one pre-season game and 10 days left before opening the regular season Oct. 28 — time coach Jay Triano says his team plans to maximize to the fullest.

The Celtics had 21 points from Kevin Garnett and 20 from Ray Allen in a 101-82 pre-season victory over Toronto yesterday.

"Due to the injuries and the late start of training camp, we're just over a half-game ready," Triano said. "And you can see it. Physically we can't do it and when the physical part of it goes the mental part of it goes."

The Celtics moved to 5-1 in pre-season, while Toronto dropped to 2-5.

The Raptors had 16 points from Hedo Turkoglu and 15 points from Chris Bosh. THE CANADIAN PRESS

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Blackburn bests Burnley

SOCCER Blackburn came back from an early goal down to beat neighbour Burnley 3-2 yesterday and climb well clear of the Premier League's relegation zone. Robbie Blake gave the visitor a fifth-minute lead at Ewood Park in the first meeting of the northwest England rivals in a top-flight league match for 43 years.

But David Dunn equalized within four minutes, Franco Di Santo made it 2-1 in the 21st and fullback Pascal Chimbonda added the third just before halftime. Although Chris Eagles scored a second for Burnley in second-half injury time, Rovers held on for the three points.

Blackburn's third victory of the season gave the team 10 points from eight matches. It lifted the team to just below halfway in the standings, two points behind Burnley, which lost for the fifth time in nine games.

In yesterday's other game, Martin Petrov's equalizer captured a 1-1 draw for 10-man Manchester City at Wigan.

In Saturday's games, Manchester United regained top spot by beating neighbour Bolton 2-1 while Chelsea slipped to second after losing 2-1 at Aston Villa.

The big talking point, however, was Sunderland's goal in a 1-0 victory over Liverpool. Darren Bent's shot struck a beach ball, which had been thrown onto the field by a Liverpool fan and was deflected past goalkeeper Pepe Reina.

Although Liverpool didn't complain, referee Mike Jones' decision to award the goal was condemned yesterday by two former top flight refs, who said he should have disallowed it.

THE ASSOCIATED PRESS

DAVE THOMPSON/THE ASSOCIATED PRESS

Burnley's Clarke Carlisle, right, and Blackburn Rovers' Franco Di Santo battle for a ball yesterday in Blackburn.

Anti-French bias still exists in NHL, book claims

HOCKEY Bob Sirois is wading into an old and unresolved debate dating from the 1955 Rocket Richard Riot — whether there's bias against French-Canadian players in the NHL.

The former right-winger argues in a new book, "Le Quebec mis en echec: la discrimination envers les Quebecois dans le LNH" (Quebec bodychecked: discrimination against Quebecers in the NHL), that prejudice is alive and well in the league.

The publishers claim the book, to be launched tomorrow, presents the most substantive case ever released on the difficulties faced by French-Canadian hockey players.

But the former Philadelphia Flyers and the Washington Capitals player doesn't feed the controversy with oft-used anecdotes — the sanctions against the Maurice (Rocket) Richard by then NHL president Clarence Campbell, Mario Lemieux refusing to play for the Canadian junior team and alleged anti-French slurs by Shane Doan.

"Discrimination is very present in the English-Canadian national hockey league."
Bob Sirois, former NHLer

Sirois instead attempts to demonstrate with stats and numbers that the hockey league's managers don't hold French-Canadian players in as high esteem as their anglophone peers.

But the book doesn't shy away from debate either — its cover shows a hockey playing frog facing down a bullish competitor.

Sirois claims the only remedy for the alleged systematic discrimination would be to offer francophone players greater visibility through their own leagues.

"Recognizing discrimination and highlighting its source are very important steps for us all, because discrimination is very present in the English-Canadian national hockey league," he writes in the book's final paragraph.

THE CANADIAN PRESS

Keep it cool in the garage

If you have a heated garage, keep it cool until a little while before you'll use it. Your car doesn't mind spending a chilly night alone; in fact, warm air makes road salt more likely to damage its metal parts. METRO NEWS SERVICES

Going Green

Waste from taps

Dripping taps can waste 9,000 litres of water each year. If it's cold water the leak will cost about $16 at Toronto's current low water rates. Not much, but it's still money you don't need to waste and nine kilowatt-hours of electricity the city won't have to consume. The savings soar if you replace the washers on a leaking hot-water tap. TORSTAR NEWS SERVICE

EDITOR: KUMAR.SAHA@METRONEWS.CA

Recycling with bingo

City resident finds unique way to spread message

Under B, egg cartons. Under the G, margarine tubs.

Residents of a 330-unit apartment building near Lawrence Avenue East and Kingston Road hear that kind of call when they play Sharon Henry's bingo game: Numbers are replaced by items that go into Blue Boxes or Green Bins.

It's part of Henry's volunteer effort to increase recycling in her Toronto Community Housing highrise, and it's paying off: A year ago, the building filled six dumpsters of garbage each week. It's down to four, now joined by three bins of recyclable Blue Box materials — papers, plastics, glass and metals — and another of organic wastes for composting.

Waste Reduction Week

- This is Waste Reduction Week, from Oct. 19 - 25. Go to www.wrwcanada.com to find out what you can do.

The 65-year-old retired bank employee aims to eliminate one more garbage container within a year.

At the outset, people were confused, Henry says. "It was, 'Oh, no! Another thing to think about.'" Now, thanks to the bingos as well as posters, meeting presentations — even door-to-door collections — recycling comes more naturally. But she isn't letting up.

"We need a full-tilt boogie to get more spirit into it ... You need to keep reminding people," of what's involved and the benefits — fewer $80 fees for each garbage dumpster, a cleaner building and better environment.

Henry's experience is instructive, as Toronto pursues its own goal to divert 70 per cent of all waste from landfill by the end of next year — without incineration.

It's now at 45 per cent, which seems unimpressive when Edmonton and a handful of American cities already claim 70.

Still, Toronto gets high marks for an aggressive and ambitious program that must deal with the fact half its residents live in highrise buildings and townhouses, where promoting recycling is especially tough.

The city "has one of the most comprehensive waste diversion programs in Canada," says Heather Marshall, of the Toronto Environmental Alliance. "It's probably the top one."

The program extends beyond the regular Blue Box materials and Green Bin kitchen scraps. This fall, it's expanding into curbside pickup of household hazardous wastes and electronic gear. TORSTAR NEWS SERVICE

DAVID COOPER/TORSTAR NEWS SERVICE

Sharon Henry got residents of her apartment building involved in recycling.

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Deadly waste

Computers and other electronic waste make up 70 per cent of the lead, cadmium, and mercury in landfills, according to Kim McKay and Jenny Bonnin's True Green @ Work: 100 Ways You Can Make the Environment Your Business. TORSTAR NEWS SERVICE

Canadian kids set green example

HEATHER BUCHAN
for Metro Canada

The 10 kids who gathered at the Toronto Botanical Gardens Oct. 5 have done more in a few short years to reduce their community's environmental footprint than many adults have done in a lifetime.

There was 10-year-old Adrian, who, after watching An Inconvenient Truth, took it upon himself to survey his neighbours in Hamilton to find out whether they knew how to properly recycle.

He found an alarming number of people didn't know what could and couldn't be recycled, so he took a plan of action to the city's waste management department and convinced it to change its website so proper recycling practices were much clearer for the public to understand.

Then there was 13-year-old Ciara from Stratford, Ont., who enlisted a group of her school peers to help her collect, rinse and recycle milk cartons at school. "Roughly 1,000 milk cartons went into the landfill every two weeks," she explains.

In six months, Ciara and her crew recycled some 13,000 milk cartons and launched the school's ongoing milk carton recycling program.

Ciara, 13, is one of 10 kids from across Canada selected for the Sunlight Green Clean Kids Panel. The Stratford, Ont.-native impressed judges with implementing a milk carton recycling program at her school.

These youth, ranging in age from six to 13 years old, from communities across Canada, were on hand to help launch an inspiring new program called Sunlight Green Clean Kids that aims to reward other environmentally conscious Canadian youth with grants of between $250 and $1,500 to help them put their green ideas into action.

In total, Sunlight is giving away $50,000 in grants over the next year.

Along with eco-experts from various Canadian environmental organizations, the eco-conscious kids are part of a panel that will review grant applications submitted by other kids and award Green Grants to those with the best ideas.

"Think about the impact they alone have had on other kids, neighbours, friends, their parents, schools and the community," said Sarah Deller, a project manager with Evergreen, a non-profit group that preserves and enhances urban green spaces.

"Now imagine the groundswell of positive eco efforts that will happen when other kids across the country are encouraged to take similar eco-action."

To apply, kids have to send in an application and share their green ideas in 150 words or less. To learn more about the program, visit www.SunlightGreenCleanKids.ca.

The Sunlight Green Clean Kids Panel of 10 eco-conscious kids from across Canada speaks to an audience during the launch of the new eco-awareness program.

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Qatar jet flies with fuel based on natural gas

Qatar Airways is claiming its place in history by operating the world's first commercial flight using fuel made from natural gas, creating a potential new source of aircraft fuel for the future.

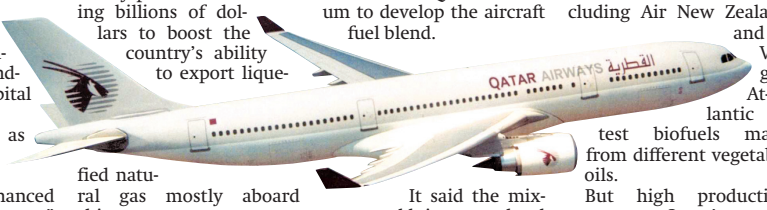
The jet fuel, made using a "gas-to-liquids" process developed by Royal Dutch Shell PLC, helped power an Airbus A340-600 from London Gatwick that landed in the Qatari capital Doha last week.

"Qatar's position as the GTL capital of the world has been further enhanced with today's achievement," Abdulla bin Hamad al-Attiyah, the country's deputy prime minister of energy and industry, said in a statement.

"Commercial aviation is one of the exciting new markets that this opens up, helping us maximize the value from our natural resources."

Qatar boasts some of the world's largest reserves of natural gas, much of which lie in an underwater pocket it shares with nearby Iran.

The tiny Persian Gulf state, an OPEC member, and its international oil industry partners are investing billions of dollars to boost the country's ability to export liquefied natural gas mostly aboard ships.



The jet fuel project opens a new potential market for Qatar's gas.

Shell made the fuel using a half-and-half mixture of regular jet fuel and synthetic kerosene made by converting natural gas into liquid form. It has been working on GTL projects for more than three decades.

Qatar hopes to become the top producer of liquid kerosene made from natural gas once commercial production begins in 2012.

The airline worked with Airbus, engine maker Rolls-Royce, Shell and state-owned Qatar Petroleum to develop the aircraft fuel blend.

It said the mixture could improve local air quality at airports by cutting down on some emissions.

Kenneth Yeasting, senior director at energy advisory IHS CERA Senior Director, said he wouldn't be surprised if the natural gas jet fuel burned more cleanly than the regular oil-based variety, but added the environmental benefit is "probably not huge."

Several airlines have experimented with alternative fuels.

South African has powered its airline industry for a decade using a coal-based jet fuel blend. Boeing has worked with carriers including Air New Zealand and Virgin Atlantic to test biofuels made from different vegetable oils.

But high production costs mean Qatar's new fuel is unlikely to seriously challenge existing jet fuel any time soon.

"The capital costs are still a concern ... It's pretty expensive to convert natural gas even if you have a low cost feedstock" like Qatar has, Yeasting said.

THE ASSOCIATED PRESS

Responsible disposal makes a difference

Want to save more than $500 per year? Implement some of these simple and practical environmental tips in the Yellow Pages ecoGuide and you will save money while helping to reduce the environmental footprint of your household. Here are some great examples:

- Driving within the speed limit can save drivers approximately 200 litres of fuel, 470 kgs of greenhouse gas emissions and $163 per year.
- Simply changing to compact fluorescent light bulbs (CFL) throughout your home can save approximately 460 kWh of energy, 101 kgs of greenhouse gas emissions and $25 per year.
- Wrapping older electric hot water tanks in an insulating blanket can save up to nine per cent on hot water costs as well as 700 kWh of energy and 154 kgs of greenhouse gas emissions per year.
- Home heating and cooling accounts for as much as 30 per cent of personal greenhouse gas emissions. For each degree you adjust your thermostat, you can save up to five per cent on your utility bills. NEWS CANADA

NEWS CANADA

The average household does almost 400 loads of laundry each year, consuming about 90,000 litres of water, according to Natural Resources Canada.

5 simple ways to reduce your laundry footprint

It takes a lot of energy just to stay clean, especially when it comes to laundry. The average household does almost 400 loads of laundry each year, consuming about 90,000 litres of water, according to Natural Resources Canada.

To help you make less of an impact on the environment — and on your wallet — take the ideas below into consideration next time you're doing the laundry:

1. Wash with cold water. Not only will washing your clothing with cold water reduce energy costs, but it will also help keep colours brighter and fabrics like silk and wool in better shape.

2. Look for features that help save energy, like the new Eco Normal dryer cycle available on select Duet dryers from Whirlpool Home Appliances. This dryer cycle uses 40 per cent less energy than a regular dryer cycle when it's paired with the Duet washer, compared to a conventional top-load laundry pair, average sized load.

3. Use a laundry machine that is built to conserve. High-efficiency machines use less water, detergent and energy than conventional machines. New Duet washers save up to 74 per cent water and 80 per cent energy, compared to conventional washers manufactured before 2004.

4. Maximize your load. Washing and drying a full load rather than a small one makes better use of the water and energy used to wash your clothing. Look for a machine with a large capacity to make full use of each load of laundry you do.

5. Empty the dryer lint trap. This will ensure the dryer is working at its maximum efficiency to dry clothes. NEWS CANADA

Disposable lighters
More than 1.5 billion disposable lighters end up in landfills or incinerators every year, according to Gillian Deacon's Green For Life. TORSTAR NEWS SERVICE

10 tips to cut water consumption

There are a variety of reasons why a family would want to reduce its water consumption — save money, avoid taxes, lower energy use, minimize the carbon footprint — but sometimes it's hard to break old habits.

Here are a few helpful suggestions from Canadian government agencies and American Standard, which is a presence in many of the nation's bathrooms and kitchens.

Half of domestic water consumption takes place in the bathroom.

1 Turn the tap off while you are cleaning your teeth or shaving. That's water running to waste. A quick burst to clean your brush or your razor is water well-used.

2 If a tap leaks, fix it. Just a small drip can waste seven buckets of water a day.

3 A low-flow shower head reduces consumption by 25 per cent or more without spoiling your shower experience.

4 The biggest single user of water in the home is the toilet. Switching to a high-efficiency model (HET) will cut the total flush by 40 or 50 per cent. Many municipalities will cover part of the cost.

Most of the rest is used in the kitchen.

5 Again,turn the tap off when the water is simply running to waste. When hand-washing dishes use a partly-filled sink. When washing fruits and vegetables use a sink or bowl. A spray attachment is an economical way of rinsing.

6 Save your dishwasher for full loads. The same applies to your clothes washer. You'll be saving energy as well as water if you do.

7 Drinking lots of water is good for you. Letting the tap run until the water is cold is bad for everyone. For drinking, keep a container of water cold in your fridge.

Meanwhile, if you have a garden:

8 During warm weather, lawns and gardens need the equivalent of five millimetres of rainfall — not more. Much less is required when it's cool.

9 Over-watering in anticipation of a shortage is a waste. The soil won't retain the extra moisture.

10 Brooms sweep driveways better than hoses.

Over the last decade use of water-saving appliances has increased steadily in Canadian homes. At the same time, water conservation regulations are becoming stricter and more widespread, and will continue to do so.

Water shortages affect everyone, but everyone is in a position to help prevent them from happening.

Advice on water conservation is found online at www.americanstandard.ca. This website also provides a water use calculator, and lists Canadian municipalities that share the cost of high-efficiency appliances. NEWS CANADA

After simplifying for Earth's sake, family tries to find middle ground

Colin Beavan sat under the light of a single bulb, freaking out. Along with his wife and young daughter, he had just spent a year trying to reduce their net environmental impact to almost zero.

With a flip of a switch, they had cut their Manhattan apartment off from the electrical grid. They had stopped using anything disposable or buying anything new. In a city of skyscrapers, they had given up elevators. They went everywhere by bicycle, bought food directly from local farmers, and even sworn off toilet paper.

It had been a year of rules, a year in which nearly every aspect of their lives had been shaped by what they were not allowed to do.

And now it was over.

Once, Beavan and his wife, Michelle Conlin, had lived lives of take-out dinners and taxi rides, recreational shopping and reality TV. But as his family cut back — and as he learned more about the devastation wrought worldwide by human consumption — he had found relief, and an easier conscience.

Now, as he turned the lights back on, he had to admit that he was once again part of the problem.

"When the year was over, Conlin and Beavan didn't want to set any more rules for themselves. After all the restrictions, they wanted to finally let it all go and see what felt right."

Beavan's experiment with the extreme had played out in public; he had blogged about it on his site "No Impact Man."

But now, like so many of us who are grappling with a growing awareness of the dangers faced by the planet and the damage our lifestyles cause, Beavan and his family were faced with the challenge of finding their middle ground.

With their years of excess and their year of simplicity behind them, how would they choose to live?

When the year was over, Conlin and Beavan didn't want to set any more rules for themselves. After all the restrictions, they wanted to finally let it all go and see what felt right.

Mostly, they stuck to buying their food at the farmers' market. But if they were short on groceries after a late night at work, they would stop at the supermarket — despite the packaging on the food on the shelves, despite the distance it had travelled.

While the amount of garbage they produced increased from just more than a litre every four days to 23 litres, this was a far cry from the 409 litres they produced before the experiment. Their refrigerator is back, the freezer is gone.

They started buying olive oil and seasonings, even though they're not made nearby. They began saying yes when friends invited them out to dinner. And they started using toilet paper again — but now it's from recycled paper.

Neither of them wanted to bring back their 46-inch TV. But once a week or so, they'll watch a drama on a laptop. THE ASSOCIATED PRESS

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Cape Breton University launches new website

Late last month, Cape Breton University introduced a new website. The homepage of the vibrant, easy-to-navigate site is dominated by a large, colourful graphic banner which visitors can manipulate by clicking on the thumbnails below. METRO NEWS SERVICES

Workology

Atlantic Canada back on track

According to the Association of Atlantic Universities' 2009-10 Preliminary Survey of Enrolments, the region's universities experienced a 1.5 per cent (year-over-year) increase in undergraduate enrolment, ending a four-year decline in this category. Universities also saw a 5.4 per cent rise in the number of graduate students, a 16.5 per cent increase in international student enrolment, and a 0.4 per cent hike in registrations among first-year students. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Brews and bullishness

Why Mexicans Don't Drink Molson

Author: Andrea Mandel-Campbell
Publisher: Douglas & McIntyre
Price: $24.95

It's a sad and frustrating tale that in Canada, the top beer drunk is not Canadian. Its America's King of Beers, Budweiser that holds that spot. So how then could we even expect our businesses to be represented in the global market place when we don't even consume our own brands with loyalty?

Author, Andrea Mandel-Campbell's book Why Mexicans Don't Drink Molson, is a sobering look at the performance of Canadian business in the global market place. One of the reason's I chose this book for discussion at my company's upcoming book club is that this title takes a look at the Canadian way of doing business up until 2008 when it was published. Mandel-Campbell noted that Canadians have not been bold or aggressive enough to go after a global market and for this reason earned the reputation of being overly prudent and risk averse. Fast forward to today where you see Canadian Banks Juggernauted to the upper echelon of the banking world and being heralded for mostly avoiding the global financial meltdown.

This book is a major wake-up call. Given the current opportunity we have, Canada has been given a second chance to take on the world. Great book, a must read if you plan on launching a global empire.

CRAIG LUND/FOR METRO CANADA

Book**Review**

Craig Lund, a director with the staffing firm Marketers on Demand, can be reached at craig.lund@marketersondemand.com

Is your small business ready for tax season?

Small Business **Week**

KATE MCCAFFERY
for Metro Canada

If you're one of the many people who have pondered starting your own business in these times of financial crisis, take note of the advice found in this article.

It's been a rough year of lay-offs and downsizing for a lot of Canadians. As the labour market imploded and shed jobs, many former employees who found themselves out on the street decided to manage the situation by going into business for themselves.

Even if the arrangement only lasted for a few months, those who did move into self-employment this year, particularly those who made money, have a few things to put in place or consider before tax season. (It's not that far away.)

H&R Block Canada's senior tax analyst, Cleo Hamel and CIBC's Jamie Golombek, managing director of tax and estate planning at the bank's private wealth management division, say there are several things a newly or suddenly self-employed person should do when starting out.

• **Keep clear records:** A number of expenses can be claimed to offset income and reduce taxes at the end of the year, but many can be lost or the details forgotten if simply kept in a shoebox filing system. As well, keeping track of income earned is vitally important to avoid any unpleasant surprises, given that income tax is no longer being deducted ahead of time.

• **Track all sources of income:** Not only will it be necessary to pay the income tax bill employers once made deductions to cover, severance packages can push people into higher tax brackets, which in turn allows the CRA to demand a much larger chunk of any additional income earned. At the same time, those who've received Employment Insurance payments at any point during the year could owe money — Hamel says EI generally only withholds 10 per cent for tax purposes, even though federal tax rates start at 15 per cent.

• **Open a separate bank account for tax liabilities:** In addition to income taxes, those with self-employment income exceeding $30,000 a year will need to collect and remit GST to the government on a quarterly basis. "Cash flow can be an issue," she says. "You need to make sure the money is there and ready to go if you have obligations." A separate payroll account may also be needed if there are plans in place to hire staff for the business.

• **Get professional help:** "It doesn't hurt to sit down with a qualified accountant who specializes in small business to discuss general tax planning, severance, withholding tax or the need to pay," says Golombek. He adds that CanadaBusiness.ca is a good website for general information. "There are a lot of great resources available for business owners."

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How to fulfill fashion dreams

With The September Issue, a documentary about Vogue magazine's Anna Wintour, hitting theatres this Friday, Metro decided to take a look at fashion design schools across Canada and what they have to offer.

MAT LECOMPTE
for Metro Canada

Ever dream of seeing your creations walking down the catwalk?

The jeans you put on in the morning are more than just something to keep your legs warm in the fall. They are the result and the creation of a fashion designer's artistic vision.

All over the world, fashion designers are working to put together new clothes and styles to not only keep us clothed, but express themselves in the process. Whether they're working on their own fashion line or as a team member for a big-name retailer, these designers are pulling their ideas together from worldly influences to create the clothes many people take for granted.

"When you're sitting on the Metro and see someone wearing your jeans, it's priceless," says Francois Bousquet, program director of LaSalle College's International Fashion School in Montreal.

The college, which has campuses all over the world including countries like China and Morocco, offers students an opportunity to stay up-to-date with international fashion techniques, where they learn not only the practical but also the business side of the industry and how it relates across borders. Located in what is arguably the fashion capital of Canada, Bousquet notes the cultural importance and fashion history that are unique to the city.

"The industry has been in Quebec for a long time," he says, "and it's quite clear and present everywhere."

Of course, fashion design isn't just about where you live, but where you're from and where you're going.

Program Co-ordinator and professor for Seneca College's Fashion Arts program, Betty Michaud, says that it's important as a designer to know why they've designed a particular piece. She says without having an answer for why the world needs the piece, it's unlikely to touch others.

"If the piece isn't meaningful to you, it won't be meaningful to anybody else," she said. "It's not just about learning to craft something. Most of it comes from a deeper level."

At Seneca, Michaud says it is a priority to work with the individual strengths of each student so they can create and articulate their visions.

For enrolment information about both programs, you can visit their web sites at lasallecollege.com and senecac.on.ca.

"If the piece isn't meaningful to you, it won't be meaningful to anybody else."
Betty Michaud, program co-ordinator for Seneca's fashion arts program

From east to west

- There are a number of Fashion Design programs offered at various colleges and universities around the country. Here is a selection:

- Academie de Dessin de Mode Richard Robinson Academy of Fashion Design (Ottawa) richard robinson.com
- Academy of Fashion Design (Saskatoon) aofdesign.com
- Kwantlen University College (Surrey) kwantlen.bc.ca
- University College of the Fraser Valley (Abbotsford) ufv.ca
- Ryerson University, School of Fashion (Toronto) ryerson.ca/fashion/

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So, what do you do?

OddJobs

Diane Peters

Metronews.ca/oddjobs

Christine Hart tries to make dating better for everyone who asks.

The first business Christine Hart launched was a casting agency. She liked the thrill of running a successful business well enough, but she really loved it when the actors dropped by her office and chatted about their love lives.

Hart, 36, now spends all of her time doing just that as one of Canada's few dating coaches. But since she had to invent the job on her own, it took her a few steps to get there.

She sold the Toronto-based casting agency after nearly four years and moved back to her hometown of Calgary — she missed the mountains and wanted to be able to buy a home.

That was early 2002, when speed dating was just taking off. On impulse, she called a friend and asked her if she wanted to start hosting events.

The two launched Six Minute Dates soon after and Hart ran it for six years. During that time, she got to be known as an expert on dating and the singles scene. Feeling restless, Hart wondered what her next launch would be. Then she and a friend saw the Will Smith movie Hitch by accident — the one they wanted to see was sold out.

"That's what I do," Hart told her friend when the movie about a "date doctor" was over. It had never occurred to her that anyone could help people with their dating lives as a career in itself. So she started YourDateCoach.com and sold the speed dating business in late 2007.

Now, she works with clients one-on-one, either in person or over the phone. Singles sign up for a minimum of four hour-long sessions. Hart talks to them about what they're looking for, gives them dating tips and sometimes homework. "I think dating should be fun and should lead to a healthy relationship. It doesn't have to be this arduous work."

As well, she runs workshops on things like flirting, and writes articles for her web site and newsletter. Her advice and ideas get results. Her speed dating business alone led to 65 marriages. But Hart doesn't define success just by wedding rings. A victory can be someone breaking their old dating patterns or simply learning to make eye contact.

As for her own dating life? "It's changed so much. Dating has become so much more fun."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown

Job title: Dating coach
Salary: Charges $387 for four sessions
Education/training: A degree in communications, hands-on experience with singles and a lifetime of listening and giving advice.
Best part of the Job: "Meeting clients who are so frustrated and then there's a turnaround. Bringing more peace into people's lives."
Worst part of the Job: "Defining exactly what I do, I do so many things."

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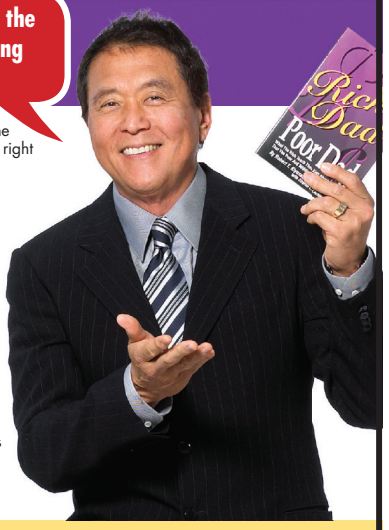

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The cost and payoffs of MBAs

With tuition and living expenses, the cost of an MBA can run upwards of $80,000. At the Schulich School of Business at York University, the average annual salary of students entering the program was $40,000 to $45,000. Post-MBA, it doubles. TORSTAR NEWS SERVICE

Schulich's MBA beats out big boys MIT, NYU

Schulich School of Business at York University "is punching above its weight" on the world stage by ranking so well in comparison with MBA programs at business schools such as Harvard and MIT, an editor at The Economist said last week.

For the second year in a row, Schulich ranked as the seventh-best MBA program at North American business schools in the magazine's annual ratings, putting it ahead of New York University, Northwestern University and the Massachusetts Institute of Technology.

It came in 12th on the world ranking, just behind Judge Business School Cambridge at the University of Cambridge.

Only two other Canadian schools made the worldwide ranking: McGill University's Desautels Faculty of Management, and the Sauder School of Business at the University of British Columbia.

"Schulich does amazingly well. It's punching above its weight. The schools around it on the list are much more recognized global brands of business schools, such as Kellogg (at Northwestern) and MIT."
Bill Ridgers with The Economist

"Schulich does amazingly well," said Economist business education editor Bill Ridgers. "It's punching above its weight. The schools around it on the list are much more recognized global brands of business schools, such as Kellogg (at Northwestern) and MIT.

The strong ranking is a boon for Schulich in what is a fiercely competitive arena. In the Toronto area alone, students can choose from programs at Schulich, the Rotman School of Management at the University of Toronto, and Ryerson University's Ted Rogers School of Management, as well as programs run from satellite campuses of the University of Western Ontario's Richard Ivey School of Business and Wilfrid Laurier University's School of Business and Economics.

"The feeling is very positive here, but it did not happen overnight," said Schulich dean Dezso Horvath.

Schulich began developing its corporate social responsibility and environmental programs in the early 1990s, before these concepts became buzzwords.

"We have a cutting-edge program which is (always) forward-looking," Horvath said. TORSTAR NEWS SERVICE

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Jolie for Theron?
Angelina Jolie is in negotiations to replace Charlize Theron in the Hollywood remake of the 2005 cult French film Anthony Zimmer, to be retitled The Tourist. METRO NEWS SERVICES

Entertainment

Cyrus in the City
Miley Cyrus is definitely in Sex and the City 2. The Hannah Montana star, 17, was spotted on the sequel's NYC set on Friday. Penelope Cruz and Liza Minnelli also appear in the film. USMAGAZINE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Box office

Following are the top 10 films at the North American box office for the weekend beginning Oct. 16, according to studio estimates:

1. **Where the Wild Things Are:** $32.5 million US
2. **Law Abiding Citizen:** $21.2 million
3. **Paranormal Activity:** $20.2 million
4. **Couples Retreat:** $17.9 million
5. **The Stepfather:** $12.3 million
6. **Cloudy With a Chance of Meatballs:** $ 8.1 million
7. **Zombieland:** $7.8 million
8. **Toy Story/Toy Story 2:** $3.0 million
9. **Surrogates:** $1.9 million
10. **The Invention of Lying:** $ 1.9 million

THE ASSOCIATED PRESS

Mulligan gets best of Education

ADAM NAYMAN
for Metro Canada

It has been said that casting is everything, and there's no question that the critically acclaimed drama An Education owes much of its success to director Lone Scherfig's choice of Carey Mulligan for the lead role.

An Education opens in theatres Friday

The 24-year-old actress had only appeared in a handful of small film roles when Scherfig tapped her for the demanding part of Jenny, a 16-year-old schoolgirl drawn into a relationship with an older man (Peter Sarsgaard) against the drab backdrop of early '60s England.

"There's a slight resemblance between her and Lynn Barber, the woman whose memoir was the basis for the film," explains Scherfig during an interview at this year's Toronto International Film Festival. "But it wasn't about how she looked. Carey has strength and fragility at the same time.

"She's not overschooled in any way. She doesn't have an acting education, but she makes good choices and has good taste. It was a big part and a long shoot, but I thought that she could handle it."

Mulligan concurs that she was up for the challenge of carrying the film — partially because she refused to really see it in those terms.

Carey Mulligan and Peter Sarsgaard star in An Education.

"I know Jenny is in every scene," says the London native, "but I never thought of her as the lead of the film. It's only in retrospect that I can see how much I'm in it. Lone made it feel like such an ensemble piece. So I always thought that Peter or Alfred (Molina) would carry the film. I just never felt that pressure, or like I was on my own. But a couple of days before Sundance, I started to think 'Crikey, if this is bad, then it's my fault.'"

Given that Mulligan is being discussed as an Oscar darkhorse, it's clear that she held up her end of the bargain: Her performance is deeply felt even if the film's plot machinery is a bit creaky.

"I was really able to relate to Jenny around the frustration of education for its own sake," says Mulligan. "Even when I went abroad to boarding school, I never felt like I was learning anything for myself.

"We went to really cool places with school, but we were always thinking about how we could get out, and get a drink."

Ripa, hubby to appear on All My Children
Kelly Ripa and husband Marc Consuelos are returning to All My Children to help ring in the soap's 40th anniversary. Ripa and Consuelos will appear on the show in January. TVGUIDE.COM

It's Wintour time in September

Who can stand up to formidable Vogue editor? Filmmaker finds out

ADAM NAYMAN
for Metro Canada

"The stakes are pretty self-evident," says RJ Cutler when asked whether he thinks his film The September Issue surveys less culturally relevant territory than the film that marked his entry into documentary filmmaking: 1992's award-winning Clinton campaign saga The War Room.

"Vogue is a single publication that profits in the tens of millions of dollars," says the Emmy-winning filmmaker, whose latest work chronicles the seven-and-a-half months leading up to Vogue magazine's record-breaking September 2007 issue.

"Their September issue generates between $30 and $50 million, which is more than most magazines generate in a year.

"(September 2007) was the single largest issue of any magazine that's ever been published, and the people who made it are the ministry of the fashion world — arbiters whose opinions affect a $300 billion dollar industry."

Vogue's legendary editor Anna Wintour checks out a fashion show in The September Issue.

What's most impressive about The September Issue (which makes its Toronto premiere as part of Doc Soup on Wednesday before opening theatrically on Friday) is how Cutler manages to communicate the sheer enormity of the magazine while maintaining an intimate, human focus.

Cutler also refrains from overemphasizing Vogue's formidable editor Anna Wintour (famously, the inspiration for Meryl Streep's imperious fashionista in The Devil Wears Prada). Instead, he balances the narrative between Wintour and her creative director, Grace Coddington, a fierce, proud professional willing to stand up to her longtime friend and collaborator.

"The way the film is structured is to bring Anna onstage first, because she is the sun around which the planets rotate. But there's also the question of that sun's relationship to the planet known as Grace Coddington."

The September Issue does not lack for incident or intrigue (a major subplot revolves around Coddington having several beloved photos turfed from the layout), and yet it betrays few traces of overt editorial manipulation.

"I'm telling a story, and I want to tell the truth," says Cutler. "One of the things I always do before I'm finished with a film is show it to the principals involved and ask 'is it true?' I want to make sure that they believe that I have told the truth, which is something I learned from (filmmaker D.A. Pennebaker)."

I Killed My Mother best film at VIFF

FESTIVAL Montreal filmmaker Xavier Dolan's much praised first feature film has won the Vancouver International Film Festival's jury prize for best Canadian film.

Dolan's I Killed My Mother (J'ai tue ma mere), about a young gay man's relationship with his mother, was selected from 19 films in the competition at the 16-day festival.

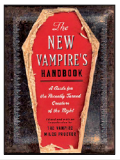
The film got its major debut at the Cannes Film Festival to wide acclaim earlier this year.

The top audience award went to Soundtrack for a Revolution by U.S. filmmaker Bill Guttentag, while the Canadian-produced Facing Ali, directed by Pete McCormack, won the audience award for most popular non-fiction film.

The award for most promising director of a Canadian short film went to Montreal's Jan Binsse and David Tougas for The Last Act (Le dernier acte).

THE CANADIAN PRESS

A vampire wannabe how-to



The New Vampire's **Handbook**

Authors: The Vampire Miles Proctor
Publisher: Villard
Price: $17.99 (Paperback)

Living as a vampire may appear sexy and alluring in popular culture, but for a first-timer, knowing where to look for fresh blood or how to tailor your gothic appearance can be a challenge… not to mention how to survive social adaptation after your 100th birthday. That's why The Vampire Miles Proctor has released this how-to guide, ideal for the fang-equipped immortal to understand his blood-sucking side. This comic blueprint spells out every need-to-know vampire tips, including Five Steps for a Successful Feeding.

Frostbitten

Author: Kelly Armstrong
Publisher: Random House Canada
Price: $32 (Hardcover)

There's something rotten in the secretive Otherworld, and it's up to Elena Michaels to figure it out. The sexy she-wolf is the sole woman werewolf in the world, befit with the attributes of intelligence, inhabiting the supernatural world and having her pick of mystical mates. When she and beau Clayton Danvers venture to Alaska to figure out who has been devouring humans (thereby blowing the Otherworld's cover), the pair is faced with a force less easily conquerable than they imagined.

The Bohemian **Girl**

Author: Kenneth Cameron
Publisher: Orion Books
Price: $24.95 (Paperback)

A letter addressed to American author Denton found behind the frame of a painting propels a tale of mystery and madness in the streets of Edwardian London in Kenneth Cameron's latest mystery novel. The letter is from a young woman, expressing the dangerous circumstances in which she finds herself. Unsure of whether she has survived after receiving the letter months after it was sent, former lawyer Denton dives relentlessly into the case. What he discovers is the eccentric English artist community, where lunacy isn't a rarity.

BRIAN COULTON/
FOR METRO CANADA

BookPicks

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Kourtney Kardashian's home robbed

According to TMZ, Kourtney Kardashian's home in Calabasas was broken into and burgled, with hundreds of thousands of dollards worth of jewelry reportedly stolen on Saturday. POPEATER.COM

Cirque du Soleil performer dies

PEOPLE A Cirque du Soleil performer, who fell off a trampoline during a training session Friday, has died of his injuries. The company said Oleksandr Zhurov (Sacha) died in a Montreal hospital Saturday.

The 24-year-old Ukrainian was doing general training exercises for the world-famous circus when the incident happened.

Cirque founder Guy Laliberte said he was deeply saddened. "Today, it is all of Cirque that is in mourning," Laliberte said.

THE CANADIAN PRESS

Medical tests for Polanski: Lawyer

PEOPLE One of Roman Polanski's lawyers says the jailed filmmaker is undergoing medical tests, though his current condition "is not of exceptional gravity."

Herve Temime told The Associated Press in a telephone interview that after Saturday's tests Polanski would return to the Swiss prison where he is being held on a U.S. arrest warrant for having sex with a 13-year-old girl in 1977.

THE ASSOCIATED PRESS

Frightening new sound

Actor Ryan Gosling makes macabre music with Dead Man's Bones

Memories of childhood ghost-busting and family trips to the cemetery served as the spooky stimulus for the macabre vibe on Dead Man's Bones, the new self-titled debut album from actors Ryan Gosling and Zach Shields.

Ryan Gosling, pictured here, has teamed up with fellow actor Zach Shields to form Dead Man's Bones.

"We may or may not have lived in a haunted house in Hamilton," said Gosling — who was born in London, Ont., and grew up in Cornwall, Ont. — in a recent phone interview.

"It's hard to believe that it's true, but my parents moved for that reason ... I have some pretty specific memories of it being haunted," continued the Hollywood heartthrob, who was nominated for an Oscar for his leading role in Half Nelson.

Gosling and Shields said they met in 2005 at the Toronto bar Sneaky Dee's. At the time, Gosling was dating Toronto-based actress Rachel McAdams, his co-star in The Notebook, and Shields was reportedly an item with her sister, Kayleen.

After bonding over ghostly encounters, they decided to write a Gene Kelly/Fred Astaire-type ghoulish song-and-dance stage show with haunting tracks bearing titles like My Body's a Zombie for You and Werewolf Heart.

The duo is in Toronto on Tuesday to support its gothic rock/folk/doo-wop project, which was released earlier this month.

"I was obsessed with ghosts when I was a kid," said Shields, who grew up in Rochester, N.Y., and studied drama at the University of Toronto.

"My mom ... started getting really concerned so she sent me to therapy for ghosts because all I was drawing was pictures of monsters and ghosts, things like that in school, and my teachers were getting worried about it as well.

"After I got out of therapy, I was just a closeted ghost lover."

Their play was to star "giant puppet versions" of themselves, "with swords and huge muscles and standing three-storeys tall," said Shields.

But the project became solely a musical one due to funding issues.

> **"I have some pretty specific memories of it being haunted."**
> Ryan Gosling

As they hit the recording studio about a year ago, they hired the Silverlake Conservatory Children's Choir in Los Angeles to sing with them on the album.

Gosling already had prior experience as a singer — in 1993 at age 12 he was a Mouseketeer on TV's The Mickey Mouse Club alongside Britney Spears — but felt his vocal training in the past was "not enough" for this project.

He's also self-deprecating when he hears that critics are comparing their sound to that of Arcade Fire.

"That's a huge compliment to us and a giant insult and slap in the face to them," Gosling said with a laugh.

THE CANADIAN PRESS

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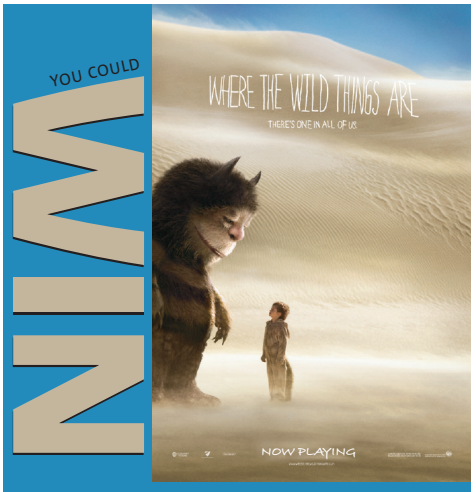

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Funeral draws a crowd

Hundreds gather in Dublin to say goodbye to Stephen Gately

Hundreds of fans crowded streets around a Dublin church Saturday for the funeral of Irish singer Stephen Gately, who died from pulmonary edema, or fluid in the lungs, last week while on vacation on the Spanish resort island of Mallorca.

Gately, 33, enjoyed success with boy band Boyzone and made headlines when he came out as gay a decade ago.

His funeral service included a performance by his bandmates, relayed via loudspeaker from the St. Laurence O'Toole Church.

Ireland's former Prime Minister Bertie Ahern, Elton John's partner David Furnish and members of Irish pop group Westlife joined the ceremony alongside Gately's family and partner Andrew Cowles, whom he wed in a civil union in 2006.

"It's a difficult day but we have to celebrate his life," said impresario Louis Walsh, who formed Boyzone in 1993 after holding auditions for Ireland's first boy band.

Boyzone was a U.K. hitmaker in the 1990s and announced a comeback tour at the end of last year. Gately also had released several solo singles and appeared in stage musicals, including Joseph and the Amazing Technicolor Dreamcoat.

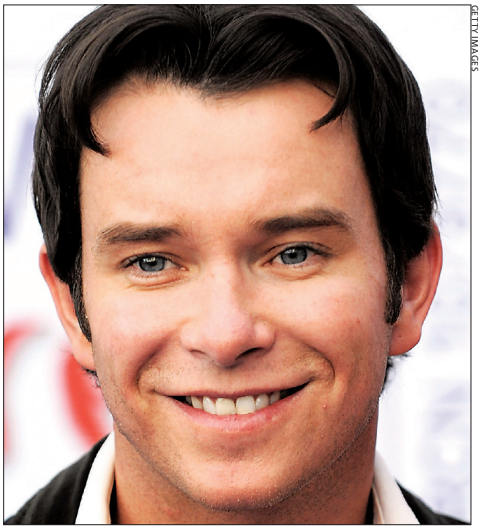
He won praise from gay rights campaigners for disclosing his sexual orientation to a British newspaper in 1999.

The singer was found dead Oct. 11 in a house near Port d'Andratx on the western tip of Mallorca.

Boyzone sold millions of records and topped the British charts with six No. 1 singles during the 1990s, including All That I Need and a cover of the Bee Gees' Words.

Wendy Lee, a 26-year-old fan, said she'd travelled from Taiwan to join fellow mourners in Dublin. "I want to say my final goodbye," she said. "I am absolutely devastated."

THE ASSOCIATED PRESS


GETTY IMAGES

Boyzone singer Stephen Gately died from pulmonary edema, or fluid in the lungs, last week while on vacation in Spain.

"It's a difficult day but we have to celebrate his life."
Louis Walsh

ADVERTISING FEATURE

Personal Success with Permanent Weight Loss

Overcoming her life long weight struggle with the help of Slimband®, Belina tells us about her personal story of determination, hope and weight loss success.

Growing up with a European background, food was always the centre of any gathering of friends or family; where the seven-course meals were generously portioned and second helpings were strongly encouraged. This mentality and lifestyle of eating with no restraint began to affect me at an early age. I was always known as the "chunky child" and often teased by other children. Throughout high school, I became extremely self-conscious and attempted to take control over my weight by eating less and exercising but I would find it too difficult to maintain and my weight would fluctuate and began to gain weight at an alarming rate. I felt as though I had no hope left and my weight and health were paying for it.

When I realized I had no energy for my children and my health was failing, I decided I needed to find a solution immediately. I knew because of my previous failures that trying to lose the weight on my own was not the answer; it would be a waste of my time and money. I decided to get more information on a more permanent, albeit drastic, solution –gastric bypass surgery.

Instead, during my consultation, I learned about an innovative new procedure that at the time had just become available in Canada, the Slimband®, an adjustable band that is placed around the upper portion of the stomach, creating a smaller pouch. This restriction slows down the flow of food into the stomach, enabling you to feel full faster and continue to feel satiated over a longer period of time. Your restriction level is adjusted by adding saline to the Slimband® enabling you to control the rate of weight loss. I did some research and discovered that not only is it one of the safest weight loss procedures but, unlike gastric bypass or stomach stapling, it is a quick, minimally invasive and fully reversible same-day procedure. I immediately signed up and had my surgery in January of 2001.

"Within the first year following my procedure I lost all of my excess weight"

Within the first year following my procedure I lost all of my excess weight, over 80lbs! I had access to the many resources at the Slimband® clinic, such as their group sessions and one-on-one nutrition or fitness consultations as well as the continued encouragement and support of the Slimband® post op team.

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back to an unhealthy level.

I married my high school sweetheart at a young age and we began a family. Overwhelmed and unprepared for the enormous responsibilities of being a wife and having children; I ended up putting myself last on the priority list

Belina's before and after photo/Slimband®

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Mix of Six

Metro taps into today's best entertainment and event picks

FASHION
The walk down the runway starts today as LG Fashion Week places the spotlight on Canadian fashion for the next six days. lgfashionweek.ca

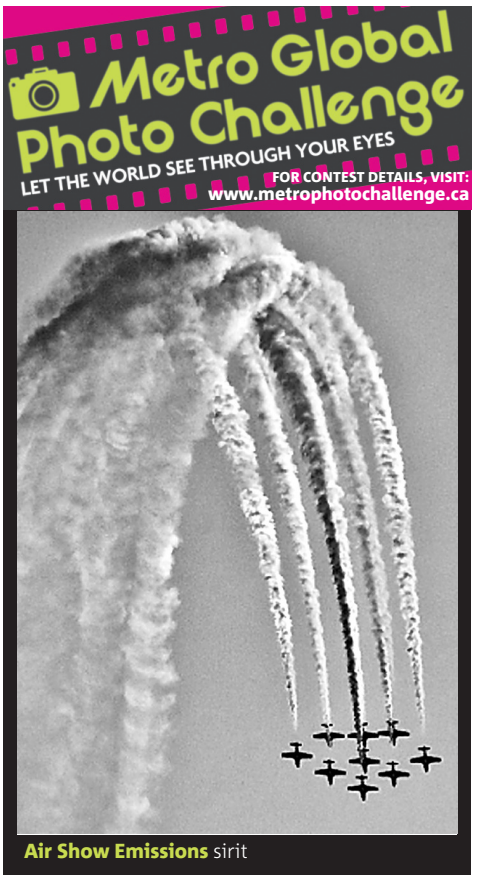
DISCUSSION
Bollywood star Rahul Bose and Christina Ora, a teenager from the Solomon Island, will give a free talk about climate change at York University's HNRE Building from noon to 2 p.m. karenp@oxfam.ca.

MUSIC
Jazz musician Richard Underhill performs tonight at the Lula Lounge, 1585 Dundas St. W. at 7 p.m. Visiti lula.ca.

CONCERT
Kyp Malone brings his solo project Rain Machine to Lee's Palace, 529 Bloor St. W., tonight at 9 p.m. $15.

DISCOVERY
The Royal Ontario Museum in exploring coral reefs from 10:30 a.m. to 3 p.m. as part of its Earth Rangers kids program. Visit earthrangers.com.

SCIENCE
The complexities of the human body are stripped away as part of a new exhibit called Body Worlds at the Ontario Science Centre, 770 Don Mills Rd.



Air Show Emissions sirit

Stars join Spike TV's awards show

AWARDS A larger-than-life snowglobe filled with murderous little girls, a Battlestar Gallactica spaceship and Marvel comic-book legend Stan Lee flying overhead on a bouquet of giant balloons — just a few signs that Spike TV's Scream 2009 is different from other awards shows.

The star-studded event, held Saturday at the Greek Theatre, honours the best in science-fiction, horror, fantasy and comic book-inspired movies and TV shows.

Fans voted online for the winners, so some of the year's most popular programs and big box-office hits took home trophies, including Transformers, Twilight, True Blood and Star Trek. Stars of those properties and other surprise guests appeared throughout the three and a half hour ceremony. THE ASSOCIATED PRESS

Winners

- HBO's vampire drama True Blood and Twilight each collected four awards at the Spike TV Scream 2009 awards show.

primetime 10/19/09 | news | sports | family | cable variety

TO	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
	265	353	2	Victorian Farm (N)		The Agenda With Steve Paikin		Midsomer Murders		Henry VIII: The Mind		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	House "Brave Heart" (N)		Lie to Me "Honey" (N)		Heroes "Tabula Rasa"		News Final
	215	343	4	OMN1	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere V	Omni News:	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Wheel-Fortune	Jeopardy! (N)	Battle-Blades	Little Mosque	Just for Laughs (N)		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		How I Met	Accidentally	Trauma "Stuck" (N)		The Jay Leno Show (N)		News
	212	313	8	CTV	etalk	Hollywood	Dancing With the Stars (HDTV) (Live)				(10:02) CSI: Miami (N)		CTV News
	218	345	11	CHCH	*Addicted to Love* ★★ (1997, Romance-Comedy) Meg Ryan.				*A Walk on the Moon* ★★ (1999, Drama) Diane Lane.				News at 11 (N)
	137	763	13	TFO	Panorama		CIA: guerres secrètes		*Quelques jours avec moi* ★★★ (1988, Com. dramatique)				Bibliotheca
	-	-	14	-	Family Guy	The Office	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Chun Yi
	213	326	15	SUN	The Insider (N)	George Lopez	*12 Hours to Live* (2006, Suspense) Ione Skye.				The Insider	Hitchcock Pres	Becker
	-	387	16	CBS	Inside Edition	Hollywood	How I Met	Accidentally	Two/Half Men	Big Bang Th	CSI: Miami "Bad Seed"		News 4 at 11
	-	385	17	NBC	The Insider (N)	Entertainment	Heroes "Tabula Rasa"		Trauma "Stuck" (N)		The Jay Leno Show (N)		News
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Dancing With the Stars (HDTV) (Live)				(10:02) Castle (N)		News
	219	346	20	ACH-B	Degrassi: TNG	TMZ (N)	Gossip Girl (HDTV) (N)		Two/Half Men	Big Bang Th	(10:02) Castle (N)		A News
	-	-	28	FOX	Judge Judy	Two/Half Men	House "Brave Heart" (N)		Lie to Me "Honey" (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Time Goes By	Antiques Roadshow		Latin Music USA (HDTV) (N)				Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	One Tree Hill (HDTV) (N)		Gossip Girl (HDTV) (N)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: SVU		WBZ News (N)	Frasier	The Office	Name Is Earl	Frasier
	298	653	332	TLA	The Tyra Show (N)		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	One Tree Hill
	502	390	26	NW	CBC News	Our World	CBC News: Tonight (N)		CBC News: The National		Terror in the Skies		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		The Business of Innovation (N)		Biography on CNBC		The Entrepreneurs		Mad Money
	405	417	22	net	MLB Preview	MLB Baseball Los Angeles Dodgers at Philadelphia Phillies. (HDTV) (Live)							Sportsnet Con.
	400	400	30	TSN	That's Hockey!	Monday Night Countdown		NFL Football Denver Broncos at San Diego Chargers. (HDTV) (Live)					
	411	457	58	OLN	Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters		Bounty Hunter
	417	406	81	SC	Pass Time	NASCAR Hub	This Week in NASCAR (N)		SuperCars	SuperCars	Barrett-Jackson		Car Crazy
	551	542	25	YTV	Drake & Josh	To Be Indie	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	The Next Star		Adrenaline Proj
	554	544	45	TEL	*Scooby-Doo*	*Scooby-Doo and the Witch's Ghost*			Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	602	567	27	W	Old Christine	Friends	Friends	Grocery Bag	Love It or List It (N)		House-Sell	Divine Design	Love It-List It
	570	580	29	MM	One Tree Hill		Degrassi: TNG	Degrassi: TNG	So You Think You Can Dance Canada			Dance	One Tree Hill
	615	520	31	A&E	Criminal Minds (HDTV)		Intervention "Tom"		Pot City, USA (HDTV) (N)		Extreme Paranormal (N)		Medium P.I.
	700	800	35	TLN	Centrovetrine	Sky TG 24	Questa è la Mia Terra Vent'Anni Dopo				George Lopez	George Lopez	George Lopez
	571	581	36	MMM	The Daily Fix		Ranked!		Wild 'n Out	Wild 'n Out	Brooke Knows	Brooke Knows	The Daily Fix
	575	583	38	CMT	Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Due South
	616	521	39	SHO	The Outer Limits		*The Perfect Child* (2007, Drama) Rebecca Budig.				Bones (HDTV)		NCIS
	620	523	40	BVO	Royal Winnipeg Ballet: 40		Vida Y Danza, Cuba		Audience Neil Diamond		Altered by Elvis		Law & Order
	601	562	41	SLC	Rich Bride, Poor Bride		Last 10	Last 10	Re-Vamped		Plastic-Perfect	Plastic-Perfect	ET Canada
	522	506	43	HIS	The Color of War		Patton 360		Battles BC (N)		Generation Kill "Get Some" (Part 1 of 7)		
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Brian Regan: Standing Up		Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	For Rent	Income Prop.	House Poor (N)	My First Place	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*Set It Off* ★★★ (1996, Action)		
	576	582	49	BET	106 & Park: BET's Top 10 Live		*The Inkwell* ★ (1994, Comedy) Larenz Tate, Joe Morton.				Pay It Off (HDTV)		Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		*Scream 2* ★★★ (1997, Horror) David Arquette, Neve Campbell. Premiere.				
	581	566	52	MTV	Cribs	After	Gone Too Far "Amy"		The Hills	The Hills	Peak Season	Peak Season	After
	618	524	54	TROP	Raymond	Raymond	The Outer Limits		ET Canada	Comeback	Family Guy	Raymond	Raymond
	603	561	56	FOOD	Ricardo	David Rocco	Food Jammers	Food Jammers	Top Chef: Las Vegas		At the Table	At the Table	Restaurant
	261	394	60	V	Murder, She Wrote		Green Grass	Summer Wine	McLeod's Daughters		Unscripted (N)	Archaeologist	Poltergeist
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TMZ
	553	546	65	TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Bucket-Dinos	Babar	Big & Small	Max & Ruby
	115	711	101	TVA	Les Gags	Sketch Show	Laura Cadieux	Km/h (SC)	À communiquer		TVA nouvelles	(10:45) Denis Lévesque	
	126	730	102	RDI	24 Heures en 60 minutes				Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy		Missing "The Ties That Bind"		The Closer		Da Vinci's Inquest		Mediums
	300	601	301	M1	(6:15) *Driven to Kill*		Sanctuary		Dexter		Californication	U.S. of Tara	Sanctuary
	305	612	306	PIX	*Looking*	(7:20) *The Interrogation of Michael Crowe*			*Trainspotting* ★★★ (1996, Drama)			(10:40) *Get Carter* ★	

critics'corner

Unscripted
Famous and fascinating people telling their life stories in their own words is the mainstay of this series. And the subject of this new episode certainly has plenty to tell. Rip Taylor has had a decades-long career that spans everything from live stand-up and movies to television variety shows, sitcoms and game shows. 10 PM on V

Heroes
Sylar starts on a path to rediscover his true identity. Hiro tries to help Emma (guest star Deanne Bray) understand the possibilities and the responsibilities that go with having an ability. Peter asks HRG to help him find a healer for Hiro in the new episode "Tabula Rasa." 8 PM on NBC; 10 PM on GTV

CSI: Miami
With a deadly outbreak threatening the people of Miami, Dr. Alexx Woods returns to help Horatio and the rest of the CSI team scramble to stop it. Emily Procter, Eddie Cibrian and Adam Rodriguez also star in the new episode "Bad Seed." 10 PM on CBS: 10:02 PM on CTV

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This may go on forever
TLC filed a lawsuit against Jon Gosselin Friday, accusing the Jon & Kate Plus 8 star of breach of contract by making paid TV appearances and unauthorized public disclosures about the TLC show, according to The Associated Press. TVGUIDE.COM

Celebrity Buzz

Madonna's NYC neighbour sues over noise complaints

GIRL'S GOTTA DANCE Madonna may not be that easy to live next to. The woman who owns the apartment upstairs from Madonna in a building on New York's Upper West Side has filed suit against the building's board of directors, complaining that she has been subject to excessive "pounding noise and vibration," according to court papers obtained by the New York Daily News.

"Madonna and one or more of her guests repeatedly dance and/or train in Apartment 7-A to unreasonably high-decibel amplified music," the complaint alleges.

METRO WORLD NEWS

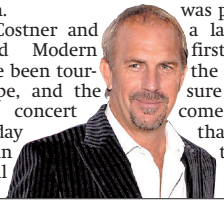
Promoter sues Jackson estate

LAWYERS GETTING RICH A concert promoter has hit Michael Jackson's estate with a $300 million US lawsuit demanding that it share in any profits from the This Is It documentary hitting theatres later this month, according to Hollyscoop.

AllGood Entertainment claims that Jackson's manager signed a contract barring the singer from performing any other shows, and that the proposed This Is It tour was a violation of that contract. AllGood had tried to convince Jackson to take part in a Jackson 5 reunion planned for next year.

METRO WORLD NEWS

Is Costner the next Hasselhoff?



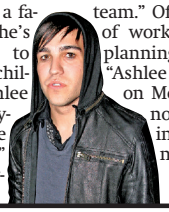
SECOND CAREERS Move over David Hasselhoff, Germany's got a new singing star, according to usmagazine.com.

Kevin Costner and his band Modern West have been touring Europe, and the kick-off concert was Monday night in the small Bavarian town of Jüchen — to a sold-out audience of 700.

The Oscar-winning actor was pumped to see such a large crowd for his first show and said to the audience, "I wasn't sure if anyone would come, but I'd like to thank you and your town."

METRO NEWS SERVICES

Pete and Ashlee want oodles of kids



BUT DOES THE WORLD NEED MORE SIMPSONS? Pete Wentz loves being a father so much that he's looking forward to having a lot more children with Ashlee Simpson. "Everything is awesome about being a dad," he tells People magazine. "Eventually we want to be able to have a soccer team." Of course, that sort of work will take some planning, he admits. "Ashlee is really focused on Melrose Place right now and I'm figuring what I'm doing next year."

METRO WORLD NEWS

The Lohan smackdown: Dina tells Michael where it's at

DON'T THEY ALL NEED RESTRAINING ORDERS? Dina Lohan has a message for her ex-husband Michael about some recent interviews, during which he's claimed their daughter Lindsay is abusing prescription pills: Stop discussing Lindsay's private life and focus on yourself, people.com reports.

Michael Lohan visited Maury Povich's daytime talk show in a desperate bid to reach out to troubled daughter Lindsay Lohan.

"There's nothing left of her. I was out in L.A. with her about three weeks ago when she got robbed," he said during the televised interview. "She called me up at 3:30 a.m. and said, 'Daddy, come out here.' I flew out and couldn't even look at her. I had to go outside and cry. When I hugged her, it's just a hollow, hollow person."

Dina lashed back Saturday, telling People: "Michael Lohan needs to focus on being a parent, paying child support, of which he is six months behind, and making up for all the years he was an absentee dad. And stop going on national television talking about his children publicly."

On Saturday, Michael told the photo agency X17, "I'm going to see the judge this week ... If I can't get a conservatorship, then I'm going to take her to an undisclosed location and get her straight. But I know I'm gonna get charged (with) kidnapping."

But while Michael is planning to meet with a judge and seek conservatorship, a source tells People that Lindsay herself plans to turn to the courts and seek a restraining order against her father.

"Lindsay is actively getting a restraining order, her lawyers have already been contacted," says the source.

"She's scared. This is really serious."

METRO NEWS SERVICES

Renée and Bradley get cozy in Vancouver

EVERYBODY SAY 'AWWW' Alleged couple Bradley Cooper and Renée Zellweger reunited in Vancouver last week, where he's been busy filming the movie version of The A-Team. Zellweger was spotted out and about with Cooper looking very cozy, sources tell People magazine.

"Whenever they were speaking, they had their hands on each other's knees underneath the table, and they were holding each other's hands underneath the table," a sources says.

"They were very cute. They really looked like a couple, and that they were together."

METRO WORLD NEWS

Stephanie Pratt arrested on DUI charge

IS THERE ANYONE IN LOS ANGELES WHO DRIVES SOBER? Stephanie Pratt was arrested for suspicion of driving under the influence at 3:45 a.m. Sunday in Hollywood, according to TMZ.com.

Pratt, 23, was still in custody yesterday morning. Her bail has been set at $5,000 US, usmagazine.com reports. Pratt has admitted to having an addiction to drugs and alcohol. She recently opened up to Us Weekly about her battle with bulimia.

"The more I can stress about being honest, (the better)," she told Us. "You are as healthy as your secrets."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Celebrity tweets

Alyssa Milano wants better manners on Twitter, Diablo Cody knows what she likes, and Jeremy Piven is looking for options at the hair salon.

• @Alyssa_Milano
Tweeps that think my tweets are "boring" & feel the need to tell me so: just unfollow me, no need to be rude & hurt my feelings. Thanks!

• @diablocody
Awake watching Team America. I've seen this movie so many times I'm now just looking for goofs.

• @jeremypiven

Can I have a Brazilian blowout? Oh it just means it reduces the frizz on your jew fro, wah, wah wah....

METRO NEWS SERVICES

Kelly gets plump lips and painkillers

NEXT TIME, JUST TRY A DODGY INTERNET PHARMACY Kelly Osbourne admits she used to resort to some interesting tricks to score drugs — and she learned them from dear old dad, Ozzy Osbourne. "My dad got a nose job so he could get drugs," Kelly tells MTV. "I found a plastic surgeon and had collagen in my lips so he could give me painkillers." She admits that after the procedure she looked "ridiculous."

METRO WORLD NEWS

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Tuesday Partly sunny 14° / 8°
Wednesday Variable 15°/ 8°

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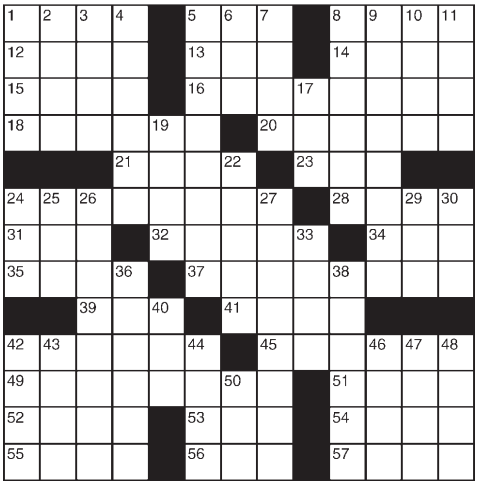


Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			6	5				3
1		2		7		5		
					4			9
	8	5	1	9		4		
		4				7		
		3		2	7	8	6	
6			5					
		9		8		6		4
3				6	1			

ACROSS

1 NYPD rank
5 Rotating part
8 On in years
12 U.S.
13 Hearty brew
14 Unaccompanied
15 Indian wrap
16 Liquidity measure
18 Civil War battle site in Tennessee
20 Almost not
21 Bric-a- —
23 Apiece
24 Boxing ploy
28 Uninteresting
31 Blackbird
32 Soft drinks
34 Vast expanse
35 Emcee
37 Late-night TV fare
39 Allow
41 Thin aperture
42 Bird with a fanlike crest
45 Removed the lid
49 Strong current
51 Ashen
52 "Eleni" author Nicholas
53 Rd.
54 Tablet
55 Individuals
56 Despondent
57 Otherwise

DOWN

1 Mama — Elliot
2 Asian nursemaid
3 Actress Gilpin
4 Svengali's subject
5 Sperm whale
6 — carte
7 Netting
8 Hitchcock or Tennyson
9 Yukon event
10 Carbon compound
11 Moist in the morning
17 Chance, poetically
19 Spheres
22 Songs' endings
24 "Hum-bug!"
25 Lennon's Yoko
26 Loosen
27 Rolled around lazily
29 Zodiac cat
30 Legislation
33 Omit
36 Reservation residences
38 Treeless tract
40 Anderson's "High —"
42 Quasimodo's creator
43 — even keel
44 Greek vowels
46 Hammer's target
47 Right angles
48 Remove from the text
50 Eggs

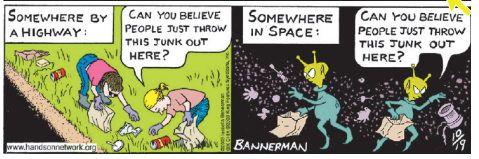
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

L	A	M		H	E	L	P		Q	U	I	T		
I	D	O		U	V	E	A		U	P	T	O		
R	O	O	T	B	E	E	R		E	S	S	E		
A	S	T	E	R	N		A	W	L					
			S	I	T		G	A	L	O	O	T		
S	A	L	T	S		F	O	G		V	I	A		
C	L	A	Y		C	A	N		W	E	L	L		
A	T	M		M	I	X		M	A	N	S	E		
T	O	B	O	O	T		S	A	G					
			P	O	I		T	R	E	B	L	E		
R	U	H	R		Z	O	O	T	S	U	I	T		
A	S	I	A		E	N	V	Y		S	E	C		
W	A	S	H		N	E	E	R		H	U	H		

5	3	4	6	9	7	1	8	2
6	7	1	8	2	4	3	9	5
2	9	8	3	5	1	6	4	7
4	2	7	5	1	6	8	3	9
8	1	3	9	7	2	4	5	6
9	5	6	4	8	3	7	2	1
1	8	2	7	4	9	5	6	3
3	4	9	1	6	5	2	7	8
7	6	5	2	3	8	9	1	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Steak Fajitas

INGREDIENTS:

1/4 cup (50 ml) orange juice
1/4 cup (50 ml) white vinegar
4 garlic cloves, minced
1 tsp (5 l) seasoned salt
1 tsp (5 l) dried oregano
1 tsp (5 l) ground cumin
1/4 tsp (1 ml) cayenne pepper
1 lb (500 g) boneless sirloin steak, cut into 1/4-in. (0.6 cm) strips
1 medium onion, thinly sliced
1 medium green pepper, thinly sliced
1 medium sweet red pepper, thinly sliced
2 tbsp (25 ml) canola oil, divided
4 to 6 flour tortillas, warmed
Shredded cheddar cheese, picante sauce and sour cream, optional

METHOD:

1. In large resealable plastic bag, combine orange juice, vinegar, garlic and seasonings; add beef. Seal bag and turn to coat; set aside. In skillet, sauté onion and peppers in 1 tbsp (15 ml) oil until crisp-tender; remove and set aside.
2. Drain and discard marinade. In same skillet, cook beef in remaining oil 2-4 minutes or until desired doneness. Return vegetables to pan; heat through.
3. Spoon meat and vegetables onto tortillas. If desired, top with cheese and serve with picante sauce and sour cream.

SERVES 4-6

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You have fixed your sights on certain goals and you won't give up until you have reached them. Join forces with like-minded people.

TAURUS ♉
APRIL 21-MAY 21
The planets indicate that if you keep your aims within reasonable bounds now success is all but guaranteed.

GEMINI ♊
MAY 22-JUNE 21
Planetary activity in your fellow Air sign of Libra does wonders for your confidence, but other aspects warn that someone is jealous of your success.

CANCER ♋
JUNE 22-JULY 22
Although negative aspects are beginning to wane you would be wise to wait a few days before making any major decisions.

LEO ♌
JULY 23-AUG 23
Make the effort as the week begins to sort out lingering problems with loved ones. Someone has to make the first move.

VIRGO ♍
AUG 24-SEPT 22
Someone in a position of power is very much on your side just now and if you are wise you will make the most of it.

LIBRA ♎
SEPT 23-OCT 23
Creative activities will go well today, but they will go even better if you make a conscious effort to involve other people in what you are doing.

SCORPIO ♏
OCT 24-NOV 22
Make an effort to be sociable today because someone interesting is heading your way. You will feel as if there is a special connection between you.

SAGITTARIUS ♐
NOV 23-DEC 21
It may be that you are at the mercy of events and all you can do is go with the flow but there are still ways you can influence the outcome of events.

CAPRICORN ♑
DEC 22-JAN 20
It's not like you to be impulsive but chances are you are about to throw caution to the wind. You can sense that better times are coming.

AQUARIUS ♒
JAN 21-FEB 18
With both Jupiter and Neptune transiting your sign this is an important time in your life. Now is the time to get serious about changes.

PISCES ♓
FEB 19-MARCH 20
Don't be discouraged if something you have been working on does not seem to be going anywhere.

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